##  Niv!

DONTS FOR THE HEALTHY.
Would you be health, wealthy and
wiso, obey the tolowng rules
Do not eat when fatigued or wit Do not eat
overheated.
Alold
and ata an ercess of sugar, sweets
an atanh tood an hour atter meats
 Bo cheorful at the table.
Eat sparingly of highly seasonee Eod.
Ent frult before meals, says
Wom
ande. Do not eat between meals (habit
ualy) or at Iregular Intervala. the Empire comb.

 combs tin dark tortoisis enhell. the amber combs, whith show
such an advantage by torce ot coi Trin. platan part of these combs is
about two nches wide.

 | the knot. |
| :---: |
| suirnees |
| it |




MEN SUSCEPTIBLE TO VOICE.
Very few women realize what treet asweet voice has ona man.
 way, and yet too ortand dreethy she
opens her mouth and speaks, the

Do the little task of to-day, and
thus prepare yourselt for the larger ask to-morrow.
Having done all to stand, stand. ial messengers. Let Him bear yo otony. weary rut of every day mo

## 

New York City.-GIris' dresses that
re made in jersey style are exceedingly becoming and exceedingly wel
liked. This one is novel and attrac-
tive and can be treated in two quite Uive and can be treated in two quite
dirferent ways. As illustrated the
skirt is joined to the jersey portion
making a one-plece dress, but if pre
ferred the jersey portion could be fin-


A new yet simple lingerle blouse it
made of eyelet embrotdery, with scallops turned upward toward the yoke edge of the embroldery is reversed tucked cuff.

## The memory lags before breakfast, very day is a fresh beginning, Every day is a fresh beginning, Listen, my soul, to the glad re- frain, nd of old sorrow and older sinning, And puzzes, forecasted and possl- Take pantin, Thate with the day and begin <br> 

Lilles of the valley are used on blue Everythink ings. Nothing is more in the style than High shoes of suede with patent The best hats of the present day The best hats of the present day
are not loaded with much trimming but its quality must be of the firs The kilted plald skirt with the is among the fashonable dellights of the season.
Some of the girts are following a
present English style and are wear-

## sent English style and are we

## Pie.-One quart of clams, finely pound of fat salt pork, chopped, a butter and two tablespoonfuls of butter and two tablespoonfuls of the butter and flour, using elther for the liquid, season to taste and crust of a pint of flour, a cupful of bist of a pint of flour, a cupful of baking powder. Mix with cold oll out. Line a baking dish with mixture, placing a lof am mixture, placing a layer of sllced orer with a thin crust and bake.

opel tit broken, the charm th gone. Very fow volees aro on naturally
 please to make tit
 should not thout her orderific thit sools tono and galtty, and tends ${ }^{\circ}$ powertul atracton tin woman, min wondrous fascination should cult-
vate a volce "ever soft, gentle and
low, "-Indinal MAKING OVER OLD SUITS. O course, every one ukes to have a year soon land one in quite a mess
of halt-worn clothes that ane a burden and a reproach to a conscientious
womkn. It is often wiser and more satisfactory to remodel a last year':
sult than to buy a new one. A good materini should give two or
three seasons of hard service if it in
handied in the right manner. It can nlways be cleaned, turned or dyed
that the most fastlious woman satisty herself as to its absolute fresh
ness.
a new lining, new cuff and colla hanjug for a skirt, wil put a las
year's suit quite in order if one only
intends using it for hard hacking and
rainy days.
But if the suit must make a pre-
sentable appearance in good soclety one will have to go to a litte more
trouble, It should be recut, the
eleoves made up to date and the nect alever made
openning collar, etc., made to answ
to the last word on smart tall


Ing patent leather boots with white
or pale tan tops.
There is a bandeau made for the
hair of cloth or silver ribbon, hand There is a bandeau made for the
hatr of cloth or silver ribbon, hand
painted with peacock's eyes and studded with small crystals. One of the new vells is so large as
to be more 1 kex a long scart. It is
composed of a strip of belze composed of a strip of betze net,
edged at elther side with a wide and
handsome tace insertion. The simple white linen Russian
blouse for the small boy may be made attractive by bralding a simple de-
sign about the neck and a few fnches sign about the neck and a few inches
down the front of the blouse at one
side.
Slippers are unusually coquettish
thls season. Cloth of steel and cloth this season. Cloth of steel and cloth
of bronze are among the innovations, and they make up the smartest shoes
and sllppers for afternoon and evenThe crowns of some of the now
hats are very tall, and the brims very large, but they are also turned up at the side, close to the crown, and
thus the circumference is greatly doCashmere cloth is one of the most
popular of the season's fabrics and nothing is better for practically hard
wear. It is to bo had in nearly any
design and color. Black and blue are The latest method of arranging the
hair is called the modern "Gainsborhair is called the modern "Gainsbor-
ough." The hair is arranged in a
chignon with a huge double coll which stands out st the silde. In tho
front s a small fat side parting, and a fow tiny curls flutter on the fore-
hend. The heary double coll is sen
under the uplifted brim of a Gainsunder the uplifted brim of a Gains-
borough hat.



N GCINTEREST


There is no danger of overstocking
the dairy cow market so long as the systemattc robbing of the herds by
the disposal of the calves continueg, When cows sell tor calves continuee 850 to $\$ 70$ at pubic sales, it seems inke foily to
hurry off the calves for a fow dollara
a head.-Farmers' Home Journal.

MONEY IN HOGS.
Any farmer who will equip his
farm for swine ralsing and keep other stock in order to change his rotations
and expand hls varlety of crops can and expand his variety of crops can
become well-to-do in flve or ten yeara by rasising good hogs and fattening
them for market, says an exchang them for market, says an exchange.
There ts absolutely no questlon about this. Pork can be cheapiy and quitck-
ly produced. It can be made on other crops than high-priced meorn other soy
beans, clover and alfalfa will grow it. er, but it is not necessary in pork pro-
duction. Corn-belt farmern well a atford to sell thenmers corn and
make pork with other crops sowing clover, alfalta, ocw peas,
soy beans and vetch in crop rotations the nitrogen and humus content of
solls could be maintalined and the element phosphorus could be applied
fin raw roke phosphate at comparatively light expense. We mean to
eay that soil fertllty ycould be mant.
tained and pork-making made profttained and pork-making made pronk
able on corn tarma without the use
of corn as a hog feed.-Farmerg of corn as a
Home Journal.

FERTILIZING TOO MUCH Many farmers belleve that the con-
stant applicatlon of the accumula
tlons of the barnya tlons of the barnyard makee their
land "too rich." it might be made land "too rich." It might be made
too rich for a partleular crop it high-
ly manured, but if the manure is apIy manured, but if the manure is ap-
plled where it ahould be, in a rota.
tlo there it no getting too rlch. It might be made
so for an oat crop because it would but there is the a grass land that al-
ways needs fuat the kind of grow oata. Put the manure where it be
longs, and too much of it can not be used, and the manure plle is begin-
Wing to be be mprecte ning to be apprectated, there are
great many who do not know tts real
yalue. They do not apprectate the value. They do not appreciate the
fact that if it sput In the right thace
it means fincreased yields, and returns
it far exceeding the cost of and returns
The reason why titan real value is not
more generaly apre cause farmeraly have for orlated to to be a time
been accustomed to a very rich and
comparatively virgin soll, but there comparatively virgin soll, but there
never was land so rich that it woind
not wear out by continuous cropplng
without any returns belng 1t. Every comparatyely new conntry
is slow to learn this. The soll of
such reglons has the accumaltor of centurles to draw upon. Eastern
farmers liad these accumulatons,
too and so too, and so did thoso of the South,
but In both sections conmerclai fer-
tilizers are now being used at a cost far beyond the conooptlon of the
Western farmer who ts attlil delving
in virgin soll. PLAN FOR IMPROVING CORN. About ten years ago I bocame
much interested tn the improvement
of soed eorn and atter much gropint of seed eorn and after much groping
about I fmanty settled down on tho
following plan: Start with ono well estabished
variety, and in selecting the cars for
seed let one-fourth of them be from seed het one-fourth of them be from
one fled and threo-forths from an-
other fild, In order that there may
be no "pollen relation" between
them

## $\underset{\substack{\text { To } \\ \text { To } \\ \text { rowes }}}{\text { in }}$

- 


While the corn is
haved. every posing it mus
nood cuitratiosibe adrantage
good cuitityatosos, and adrant the thime
comes to detassel ( Which thould be
fust before the poline
just betore the polvon ripens) make
the cut with a sharp knife at the
base of the tasel and then cover
the cut with good grattiag wax, to
prevent evaporation and consequen
shriveling of the grain. When husk-
ing the corn from these detasseled
or "mother" from these detasseled,
best for seed.
Thle sect only the
This crop of seed will furnish the
mother rows for the next season, and
a distance, ns in the first year. 1
would be stlll better if two such plat
of corn could be grown, as has just
been outtined; then one could be
used for the mother rows the seconc
year and the other for the sire rows
This Ine of mother plants should
and be kept up for six yerars, and tho sire
corn selected at a distance each year corn selected at a distance eacch year:
pollen is borme from one field to an-
other by winds and sire corn must be had that has not been fertullized by

pollen from your experimental plat. | Farnier. |
| :--- |
| Ida |

The world's consumption of gole
In the arts and industries in 1907

## FIMHICE MIOTRME RENIEW

BUSINEss is IMPROVINa
some Irregularity, but Further
some Irregularity, but Further im
$\xrightarrow{\text { Spreging Trade. }}$
but reports as a a whole, show a stilit manfort
further tmprovem vance of tmprovement due to to the side season. Improve
ment in weather and ment in weather, and colncldentiy in
trade reports, is most mand trade reports, is most manifest in the
agricultural Beetions of the Whest,
Northen Northwest and southwest, whitlo the
reports from the East and parts of the reporis from the East and parts of the
South thow the development of spring
business retarded by the lingering of business retarded by the lingerlng of
winter.
bor outlook in many mer, hine unsettled the tin Horer. However, the unsettied in
bor outiok in many lines of induatry
the effect of high prices as limitting ic: mand, or, as in the case of ootton
goodg, induclng curtallment of proo
duction and the tendency to awalt juduction and the tendency to awalt ju0.
dictal decilions in soveral mimportant
cases There to little dlaposition to deny
that trade ot considerably better than a year ago. a periodo also of of watiting
trade, and far in excess of this time
two years ago, but the rate of two years ago, but the rate of pro-
gress lis slower than sangulne expeo-
tatlons had led to expelt

 Agricutural implement manuffecturer
fgire larg in the demand for ban
and the mills experlence difriculty and the mills experlence dirriculty th
malting dellverlee. Ordera for steol
ralls ontinu satistactory and forelga
trade on this stem is good. The coal trade of the Weat ha
been more active, and the raliroad In preparation tor eventualtites proal
coedng from the demand for highor
warees by the thtume
 3eek, 224 in the like week of 1909 ,
1906. 1908,157 in 1907 and 170 fi "Business fallures in Canada for the
week number 25 , which ompares
with 36 ast week and 32 in th/s weok
of 1909 . MARKETS. PITTBBURC.


 $H$ Duttor-Migin ereamery Producto......




 Philadelphia.


NEW YCRK
 LIVE STOCK.

 $+. . .{ }^{112}{ }^{112}$ Bus
Justice or the peack, RAYMOND E. BROWN, Brookvilue, PL
 MITA M. MOCREIGHT,
 DR. B. E. HOOVER,
 DR. L. L. MEANS,
 DR. R. Devere king.
 H ENRY PRIESTER UNDERTAKER.

