

HEALTH AND LONG LIFE.

"All men think all men mortal but themselves," yet all men are constantly seeking the sources of health and means of prolonging their lives, and nothing interests the average man more than to read the statements of persons who have attained great ages, and their version of the means which enabled them to prolong their lives. We have many of these. Moltke, when asked in his ninetieth year how he had maintained his health and activity, answered: "By great moderation in all things, and by regular outdoor exercise." Crispi said that "regularity and abstinence are the secrets of long life." Sydney Cooper also believed in regularity. Legouve attributed his long life to regular exercise, says the Washington Herald. An American nonagenarian, Hon. Neal Dow, of Maine, laid stress on the careful avoidance of fretting or disturbance of the digestive organs, and of exposure to sudden or protracted cold, with insufficient protection against its influence. Cornaro's rule was extreme temperance in eating and moderation in drinking. He took everything that agreed with him and avoided everything which did not. Many others could be named, but the constitutions and organism of men are as varied as their faces, hence no general rule can be laid down. What is meat to one may be poison to another.

Hundreds of thousands of Russians are going to Siberia. But not after the old style, when they were personally conducted by military guards and distributed as convicts among the mines and prisons. Siberia has vast agricultural and other possibilities, and the government in this instance at least is wise enough to encourage the utilization of such resources. It is announced from Russia that the migration to Siberia average about half a million persons yearly. This movement is encouraged by the offer from the government of cheap railroad rates and an allotment of forty-one and a half acres of land to each adult who makes a home in that part of the empire.

The Pennsylvania state board of health reports that the expenditure of \$3,000,000 in four years in the interest of the public health has resulted in saving \$28,000,000 to the commonwealth. This is conservation of a most desirable quality. It goes toward maintaining those greatest resources of a state which lie in a people rich in physical and mental well-being. The Pennsylvania board has fought diphtheria effectively with antitoxin. It has reduced the death rate from consumption, "the white plague," from 134 to 120 per thousand, and is about to do better by adding two new tuberculosis colonies to the one now in operation.

According to late reports Mammoth Cave, that old-time geological wonder, and years ago a close rival to Niagara Falls as a show place, is going out of fashion, and has of late years had but few visitors, says the Boston Evening Transcript. It is now difficult of access by a little dinky railroad and the accommodations afforded by the dilapidated hotel are by no means up to date. It is proposed to ask congress to adopt it as a national reservation, fix things up and make it more accessible and attractive. Perhaps one reason for its decadence is the discovery of other great caverns and natural curiosities fully as wonderful.

A Washington man has been fined for violating the child-labor law because he induced a number of fourteen-year-old boys to engage in a pie-eating contest. Would it not have been more appropriate if he had been punished for cruelty to children?

When a man's wife sticks hatpins into him, and tries to suffocate him as she sleeps, the New York courts have decided that he has a right to leave home. The ruling, however, was confirmatory merely, the man having decided first.

One man has been sent to jail for nine months for smuggling at New York. The fact that he was only a musician and not a millionaire makes the lesson less impressive where it is most needed.

A dog that carried in smuggled goods across the Mexican boundary has been spared to be shown in a dog show. If he had been taken to a New York dog show he would probably have brought a fabulous price from the ultra rich.

So the government is going to issue \$75,000,000 worth of \$1 bills to replace \$20 and higher denominations. This ought to increase the chance of getting some.

CROPS FOR IRRIGATION

Seldom Possible to Predict Which Will Be Most Profitable.

Too Few Irrigated Regions Where Use of Crop Rotation is Made to Keep Up Fertility of Soil—Organic Matter Needed.

In the development of a new agricultural region it is seldom possible to predict what crops will prove the most profitable. In almost any region the farmer is forced to choose from a large number of possible crops the ones best suited to his needs and markets. In any new region there is a tendency to specialize on one or at most a very few crops, and in the irrigated regions, particularly, this tendency toward a single crop is very pronounced. The use of crop rotations and the intelligent diversification of crops on the farm are never conspicuous features of a newly opened agricultural region. Grain and alfalfa are the pioneer irrigated crops, and these are usually followed by attempts to grow vegetables or orchard fruits extensively. Sometimes, indeed, new land is put into vegetables, orchard fruits or sugar beets in an attempt to grow vegetables or orchards. There are altogether too few irrigated regions in this country at the present time where any attempt is made toward the use of crop rotations with a view to keeping up the productive capacity of the soil. There appears to be a widespread impression that the fertility of irrigated lands is inexhaustible; that land may be used for a single crop or for a series of intertilled crops for an indefinite period. The experience of generations of farmers in humid regions is disregarded. New land is often planted to orchard fruits, to be continuously intertilled from the first and with the expectation of continuing this clean culture and fruit production indefinitely. In fact, whole regions are sometimes opened to colonists, with the expectation that each farm will immediately become and will remain exclusively devoted to some type of orchard fruits, with its consequent clean cultivation and without any means of maintaining the absolutely essential supply of organic matter.

One of the most serious problems on American irrigated lands is that of organic-matter supply. As long as these lands remain relatively cheap and the farm units are not too small, a rotation of crops, including alfalfa, can be used. But alfalfa is far from being an ideal rotation crop for many regions, and the temptation is strong, once a good stand is secured, to let it remain as a permanent crop outside the rotation. For orchards and vineyards we lack a suitable assortment of annual leguminous crops to use for green manure. These problems of crop rotation and of the supply of organic matter are usually problems of the older irrigated regions, though in some instances the desert lands are naturally so poorly supplied with organic matter that this question quickly becomes acute.

In some of the older and more highly developed irrigated fruit regions farmers are now confronted with this problem of plant nutrition. This is particularly true in those sections where a scanty water supply requires continuous clean tillage for moisture-conservation purposes. This clean tillage has not only prevented the addition of any new supply of organic matter, but has made conditions in the highest degree favorable for the complete disintegration and conversion of the supply originally contained in the soil. The importance of organic matter can scarcely be overestimated. Its depletion must be avoided if crop production is to be maintained. It therefore becomes a problem of the first importance to so plan the crop rotation on the farm and to so arrange the orchard plantings as to provide for the use at frequent intervals of such crops as will increase the supply of organic matter in the soil.

Irrigate Peach Orchard.

The amount of cultivation and irrigation that must be given to a peach orchard depends largely on the nature of the soil. Some soils require much more work than others. There should be enough cultivation to keep the ground loose and sufficient irrigation to keep it moist at all times during the growing season. If the ground lies so as to make it possible, we would strongly advise irrigating both ways, running the water, say north and south first, then east and west and thus reach all parts of the ground quickly but this is seldom done because of the extra work required in furrowing out. In a dry season like this one is mighty lucky to have the irrigation applied in any old way without being very particular. It is more a question of water than of method.

A Fruit Farm Report.

The Indiana Farmer says: "The state fruit farm near Mitchell, Lawrence county, proves a profitable property this season. It escaped the cold wave that spread over our central counties in May, killing all the bloom, and set and bore a heavy crop. The trees are well taken care of, pruned and fertilized and were thoroughly sprayed. The season being favorable a fine crop of first-class fruit was gathered. The principal varieties were Grimes, Jonathan, Wine Sap and Ben Davis. About \$6,000 worth of apples were sent to market; of these \$3,200 worth were gathered from 102 trees of Grimes, an average of 31.5 bushels per tree. Ninety per cent. of the apples were perfect. The orchard is 23 years old."

TREE MUST HAVE IRRIGATION

Few Orchards in Semi-Arid Regions Profitable Without Good Water Supply.

A couple of correspondents of Yellowstone country, refer to two or three isolated instances where apple trees and plum trees and fruit shrubs are actually living without irrigation. This may seem truly wonderful to these men who think they have actually found a mare's nest. Why, we know of many orchards that are living after a fashion, but we have as yet to learn of a single instance of such an orchard that is a success. We have all the time advocated the planting of fruit trees and shrubs for home use on the dry farm, if the farmer has a well from which he can draw water to keep these trees alive during the dry season. There is a great deal of difference between keeping a tree alive and making it profitable for bearing fruit. The report of the experts who recently visited the Flathead orchards say the crop is greatly reduced and inferior where no water was obtainable for irrigation. The east side orchards above the ditch are half dead, and the crop is scarcely worthy of the name. There are a good many dry land orchards that are partially irrigated, but they are not a success. This is no new matter with us. We have discussed the dry land orchard for fifteen or twenty years. C. F. Dallman of the Missouri nursery, tried a dry land nursery for many years, but was forced to move to a location below the ditch, and since that date the Missouri nursery has grown to be a great and successful institution. The dry land experiment was a failure even on the west side of the mountains. At the Dry Farming Congress at Billings last year Dallman told us that while he was attending "armers' meetings and holding controversies with the writer about the wonderful success of trees grown on dry land, he had six hired men at home hauling water trying to keep his trees alive and yet in spite of his efforts, they died by the hundreds. One swallow does not make a summer, and a few isolated instances do not refute the testimony of a third of a century. We wish our friends success, but in the end they will probably bear testimony with over one hundred we could mention who say it is love's labor lost to engage in orcharding without water.

A Cash Business.

The dairyman has something to sell for cash every day in the year. His daily cash receipts may not seem very large to men who have been used to grain farming or stock farming, but at the end of the year his bank account will make a very good showing along with that of his neighbor who farms on a broader scale. Ready money is greatly to be desired at all times and the dairyman is more fortunate in that respect than any other farmer. Another thing in his favor is that he is not subject to the market fluctuations. The market for his product can be fixed by himself if he produces the right kind of milk and butter. They are not affected by panics in the wheat market or glut in the live stock market. He is always able to tell almost to the dollar what his income will be and is thus enabled to lay his plans and govern his expenses accordingly.

Use of Grapes.

Owing to the general decrease in sale of intoxicating drinks, grapes are not now so extensively grown for wine, yet unfermented grape juice is becoming widely popular as a beverage, and there is money in growing them for that purpose. For table use they may be used green for pies and sauce, and ripe for jelly and a wide variety of dishes.

POULTRY NOTES.

Don't sell dirty eggs. Select a breed popular in your locality. Buy your stock from some one who has bred the same variety for several years. He will understand the breed. It is often cheaper to adopt the breed to suit the conditions than to change the conditions to suit the breed.

Keep pure bred stock. It costs no more to feed and care for it, and there is a satisfaction that is impossible with mongrel stock. It is easier and cheaper to produce uniform white eggs than brown eggs of the same shade of brown.

Crowding, inexperience and working with too little capital are the great causes of failure in the poultry business.

If your hens are shut up are they getting plenty of green food? It is necessary if you want good results. Whenever you plan to build, whether it be house, barn or chicken coop, take note of what sort of drainage you can get in the location you choose.

Cook some beans or peas, mix them with wheat bran and feed twice a week and see if you don't get a lot more eggs.

Be watchful for cases of roup and isolate the fowl as soon as she gives evidences of having the disease. Good time now to dispose of those surplus non-layers if they are not all gone.

There's no excuse for dirty eggs, and they leave a bad impression in the mind of the buyer. Leaves make a good litter for the hens to scratch in, just as road dust will make a good dirt bath.

Ashes are a good thing to scatter around the poultry yard. Don't get the idea that lice will freeze in the cold winter months, but keep everlastingly after them.

The KITCHEN CABINET



HE ugliest of trades have their moments of pleasure. Now, if I were a gravedigger or even a hang man, there are some people I could work for with a great deal of enjoyment. —Douglas Jerrold.



HE is a fool who thinks by force of skill to turn the current of a woman's will. —Some Dishes for Two.

Candy for the Children. All children love to make candy and many never outgrow the habit. Any girl may learn how to make several kinds and in that way help out in the holiday preparations. Home-made candy is much more wholesome than much that is bought and is very much cheaper, which is an important item in most homes.

Nut Candy.—This is a delicious candy which may be made with any kind of nuts. Peanuts are especially good. Shell and remove the brown skins from a quart of peanuts. Roll them with a rolling pin until well broken, but not too fine. Put over the fire to cook, a pound of light brown sugar and six ounces of butter. Cook just ten minutes from the time it commences to bubble, stirring constantly to keep any part from scorching. Add the peanuts and pour into a buttered pan to cool. Mark in squares before it gets too hard. Every thing must be in readiness when making candy, for sometimes a half a minute will ruin all the work. This candy will delight young and old, for it is not hard and brittle, but "nice and chewy," as the children say.

Maple Fudge.—For delicious maple fudge, take one and a half cups of light brown sugar, one cup of maple sirup, half a cup of milk, and a tablespoonful of butter. Boil slowly until it makes a ball when rolled between the fingers, after dropping a little in cold water. Let stand to cool, then beat until creamy; put into a buttered pan quickly, mark off into squares and when cold it is ready to eat. Dates stuffed with nuts are a nice variety for the little candy maker to prepare. They may be stuffed with some of the fudge or cream candy that is too rough to make in nice shape.

Cream Candy.—Boil together without stirring two cups of granulated sugar, three-fourths of a cup of water, two tablespoonfuls of vinegar and a teaspoonful of butter. Boil until brittle when dropped in water. Pour into a buttered platter, using care not to scrape the sides of the kettle to get any grains of sugar for they will ruin the candy. When cool pull until white and cut in pieces with a knife or scissors.

Salted Nuts.—Put almonds after shelling into a sauce pan and boil one minute, then plunge into cold water and slip off the skins. This is blanching them. To salt, put a cup of almonds in a pan with a teaspoonful of olive oil or butter, stir until a rich brown, sprinkle with salt and cool.



NOTHING is easier than fault-finding, no talent, no self-denial, no character are required to set up in the grumbling business. —Robert West.

The Lunch Basket.

To many the lunch basket is a reminder of an occasional picnic, but to the woman who has to fill one 300 days in the year it is indeed a problem. A lunch basket must, first of all, be dainty, not a hard thing to accomplish, as there are many cheap and attractive paper dishes and napkins that look well and are cheap enough to be daily renewed. A cold lunch eaten daily is a hard tax upon the digestion, and thought should be given its preparation.

A man working in the open air is able to digest hearty food, such as a jar of baked beans. The sandwiches may be hearty or dainty as the appetite demands. Always wrap them in oiled paper, which may be bought by the pound and kept for such purpose. Meat sandwiches are always better if the meat is put through the meat chopper and seasoned well. Pickles, olives and cheese should be carefully wrapped.

Fruit is always welcome as a dessert, but a cup of boiled or baked custard is both appetizing and wholesome. When sending oranges in a lunch basket, remove the peeling and wrap each section in paper. An orange prepared in this way is greatly enjoyed. A surprise in the form of candy or nuts is always appreciated by young and old. The small tin water boxes are ideal for holding a slice of cake; these may be scalded, dried and used indefinitely.

Remove all food left in the box or basket and air it well, as foods are often spoiled by odors of stale foods. A bottle that has a tight stopper and will hold a cup of milk or coffee is most convenient.

Many women do not know or do not care how a lunch is prepared or of what it consists. Nourishing, wholesome food, well and neatly put up, will save many dimes and nickels which would go for liquor to supply a craving that good food would satisfy. A piece of baker's bread, pie and a cookie will not sustain a man at hard labor. Such a meal must be supplemented from the lunch counter.

Cream of Tomato Soup.—Take three-eighths of a cup of stewed and strained tomato, add a speck of soda. Make a binding of one-half a tablespoonful each of flour and butter, cook together and add the tomatoes. Serve at once with salt and pepper to taste. A bit of celery salt or onion juice may be added to change the flavor.

Bread.—Take a fourth of a cup of hot milk, one-fourth of a teaspoonful of sugar, one teaspoonful of lard or butter, one-half a yeast cake dissolved in one-eighth of a cup of water; when the water is cool enough to add the yeast, mix well and add enough flour to handle. Knead until soft and elastic. Put back to rise and when double its bulk make into a loaf. Place in the pan in which it is to be baked, cover closely; and when double its bulk bake in a moderate oven.

Orange Omelet.—Beat the yolks of two eggs until thick and lemon-colored, add the rind of two-thirds of an orange, two tablespoonfuls of orange juice, four teaspoonfuls of powdered sugar. Fold in the beaten whites and pour into a buttered omelet pan. When well cooked on the bottom, set a moment into the oven to finish cooking. Sprinkle with powdered sugar, fold and serve.

Baking Powder Biscuit.—Cut one-half tablespoonful of lard into a half cup of flour sifted with two-thirds of a teaspoonful of baking powder and an eighth of a teaspoonful of salt; add a fourth of a cup of milk, toss and roll on a floured board and cut in small biscuits.

Gingerbread.—Cream one-half tablespoonful of butter, add a tablespoonful of sugar, one-fourth of an egg well beaten, one tablespoonful of molasses, one tablespoonful of sour milk and one-third of a cup of flour sifted with one-fourth of a teaspoonful of ginger, one-eighth of a teaspoonful of cinnamon and an eighth of a teaspoonful of soda. Bake in a slow oven.

Waffles.—Mix two-thirds of a cup of flour with a pinch of salt and two-thirds of a teaspoonful of soda, add three-eighths of a cup of sour milk, one well-beaten egg and two teaspoonfuls of melted butter.



HE world goes up and the world goes down. And the sunshine follows the rain; and yesterday's sneer and yesterday's frown Can never come over again. —Charles Kingsley.

Preparing and Cooking Oysters. Oysters do not contain the nourishment that we have been in time past led to suppose. They are easily digested and that, with the added variety they give to our diet is the chief reason they are so valued.

When oysters come from the market they should be carefully looked over to remove broken shells. It is wise not to use the water in which they are received. Put the oysters into a colander and pour over them plenty of cold water. This process should always be followed before cooking.

Fried Oysters.—Select large, fat oysters, drain them and place them on a large board. Dry each oyster with a soft cloth, dust with salt and pepper. For each dozen oysters allow one egg beaten light and a tablespoonful of water added. Dip the oysters into fine breadcrumbs then into the egg, then back into the bread crumbs, being careful to keep the crumbs dry and the egg free from crumbs. When all are ready, have a kettle of lard and suet mixed, heat the fat until a cube of bread browns in 40 seconds, when it will be sufficiently hot. Put five or six oysters in a frying basket and plunge them into the fat; as soon as they are a golden brown lift the basket, drain the oysters on brown paper and serve at once.

Oyster Sandwiches.—Arrange fried oysters on crisp lettuce leaves, allowing two oysters for each leaf, and one for each sandwich. Oysters a la Thorndyke.—Clean and drain a pint of oysters. Melt two tablespoonfuls of butter, add the oysters and cook until plump. Then add the seasonings of a half teaspoonful of salt, a dash of nutmeg and cayenne, a fourth cup of cream, two egg yolks. When the egg is cooked serve on crackers.

In preparing escalloped oysters it is well to remember never to have more than two layers as the inside one will not be cooked, when the top and bottom layers are well done. To prepare a block of ice to serve oysters, use a square or oblong of clear ice and with hot flatirons melt a cavity large enough to hold the oysters. Pour the water from the cavity as it is formed.

W. A. L. Hare, Publisher
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WAS TOO PUBLIC FOR HIM

Mild Mannered Little Man Has Very Embarrassing Experience on Street.

He was a mild mannered little man, short, with gray hair and spectacles. It was noon on Washington street, and as usual the crowds were shoving and pushing to get somewhere. The little man was trying to worm his way through the crowds.

A well-dressed woman accompanied by a small boy was mixed up in the crowd. She wanted to cross the street. The boy stopped to look in a window.

The lady reached down and grasped a hand, saying: "Take my hand, dear." "Not right here on the public street," she was started to hear some one reply.

Looking down she saw that she was clasping the hand of a very inoffensive little man, who seemed to be much confused and embarrassed. "Sir!" said she, haughtily, "I don't want you; I want my son."—Boston Traveler.

HIRAM CARPENTER'S WONDERFUL CURE OF PSORIASIS.

"I have been afflicted for twenty years with an obstinate skin disease, called by some M. D.'s, psoriasis, and others leprosy, commencing on my scalp; and in spite of all I could do, with the help of the most skillful doctors, it slowly but surely extended until a year ago this winter it covered my entire person in the form of dry scales. For the last three years I have been unable to do any labor, and suffering intensely all the time. Every morning there would be nearly a dustpanful of scales taken from the sheet on my bed, some of them half as large as the envelope containing this letter. In the latter part of winter my skin commenced cracking open. I tried everything, almost, that could be thought of, without any relief. The 12th of June I started West, in hopes I could reach the Hot Springs. I reached Detroit and was so low I thought I should have to go to the hospital, but finally got as far as Lansing, Mich., where I had a sister living. One Dr. — treated me about two weeks, but did me no good. All I thought I had but a short time to live. I earnestly prayed to die. Cracked through the skin all over my back, across my ribs, arms, hands, limbs; feet badly swollen; toe-nails came off; finger-nails dead and hard as a bone; hair dead, dry and lifeless as old straw. O my God! how I did suffer. "My sister wouldn't give up; said, 'We will try Cuticura.' Some was applied to one hand and arm. Eureka! there was relief; stopped the terrible burning sensation from the word go. They immediately got Cuticura Resolvent, Ointment and Soap. I commenced by taking Cuticura Resolvent three times a day after meals; had a bath once a day, water about blood heat; used Cuticura Soap freely; applied Cuticura Ointment morning and evening. Result: returned to my home in just six weeks from the time I left, and my skin as smooth as this sheet of paper. Hiram E. Carpenter, Henderson, N. Y."

The above remarkable testimonial was written January 19, 1880, and is republished because of the permanency of the cure. Under date of April 22, 1910, Mr. Carpenter wrote from his present home, 610 Walnut St. So., Lansing, Mich.: "I have never suffered a return of the psoriasis and although many years have passed I have not forgotten the terrible suffering I endured before using the Cuticura Remedies."

What Impressed Him.

H. W. Child, president of the Yellowstone Park association, went to Europe two or three years ago and had for a companion a man interested in the hotel business. They traveled over Europe, investigating hotel and commissary problems to some extent, and finally arrived in Rome. They went into St. Peter's and stood beneath the dome. "Well," said Child, "here it is. Here's the dome." The hotel man took one look forward. Then he turned to Child and asked: "How much did that man in London say he wanted for them hams?"

A Shiver Figure.

"Now, Arthur," said his father, "you've been going to school long enough to write decently. Don't you know how to make a figure three?" "Sure," said the boy. "You put your pencil on the paper and then you shiver."

Incredible Brutality.

Willis—Under this year's football rules, you can't assist the man with the ball. Gillis—Great Scott! What do they do—stand around and let him die?—Puck.

Ignorance gives greater freedom in utterance than inspiration, and is often mistaken for it.

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