

Feeling Fine

is merely a matter of health and health is merely a matter of keeping the digestion perfect, the blood pure, the liver and bowels active. If you are in poor health just try

HOSTETTER'S Stomach Bitters

immediately. It makes the appetite keen, assists digestion, renews health and prevents Spring Ailments.

With an Eye Toward Economy. Mr. Perry had been out for a day's fishing, as he proudly displayed the contents of his basket to his wife, she exclaimed:

"Oh, Alva, aren't they beauties! But I've been so anxious for the past hour, dear."

"Foolish little one!" said Alva caressingly; "why, what could have happened to me?"

"Oh, I didn't worry about you, dear," said the woman; "but it grew so late I was afraid that before you got back to town the fish markets would all be closed."—National Monthly.

He Hadn't.

"What a debt we owe to medical science!" he said as he put down the paper.

"Good heavens!" she exclaimed. "Haven't you paid the doctor's bill yet?"

Explained.

Patience—Thought it was against the law to wear aigrettes?

Patrice—That's not an aigrette; that's her husband's shaving-brush she's got stuck in her hat.

SUGAR BEETS THRIVE ON ANY GOOD SOIL



Thinning Sugar Beets, Which Owing to the Closeness of the Young Plants, Must Be Done by Hand.

(Prepared by the United States Department of Agriculture.)

It is generally conceded that the best soils for the production of sugar beets are the sandy loams and the clay loams. However, any good soil, if properly handled, will produce satisfactory sugar beets, provided climatic conditions are favorable, states Farmers' Bulletin 568 of the department of agriculture. In general, more depends upon the physical condition of the soil than upon its strict classification.

Select the field for sugar beets with reference to the quality of the surface and subsoil, conditions of drainage and the fitness to follow the preceding crops. Plow thoroughly and deeply in the fall if possible. Make the seed bed firm below as well as near the surface. Plant in the spring as soon as the soil and weather conditions are right. Use plenty of seed to insure a good stand, and do not plant too deep. Hold the moisture in contact with the seed by use of the press wheel and rollers. Cultivate as

bine with the injurious acids that develop in the soil and thereby render them neutral. Ordinarily an application of from 500 to 2,000 pounds of waste lime per acre will correct the acidity and otherwise improve the soil

Poultry as Food.

Although not as many varieties of poultry are in common use in the United States as in Europe, and although eggs form perhaps the most important part of the total poultry industry in the United States, enough birds are raised and sold for their flesh to make poultry an important item in the list of foods, says the department of agriculture. Chickens are, of course, far the most common of the kinds of poultry. Next come turkeys; then ducks and geese, followed by capons and squabs, the other varieties, such as guinea fowl, pheasants and quail being least common of all.

In raising birds for the market special fattening has not heretofore been practiced in this country with anything like the same frequency as in Europe; but American breeders are gradually coming to it more and more, especially on the large poultry farms which are springing up in many places. The extreme methods used so much in France are not, however, considered advantageous by most American breeders.

Live poultry is very commonly marketed, especially in the southern states, where it is the custom to kill a short time before cooking, but, considering the country as a whole, it is doubtless true that the dressed birds are marketed more than the live, and the buyer must depend mainly on the appearance of the skin and flesh to tell him how fresh the bird is, and whether it has been properly dry-plucked or plunged into boiling water to make the plucking easier. In most cases, also, the age must be determined by the pliability of the breastbone, or, in duck and goose, of the windpipe.

The methods of cooking poultry are in general the same as those for other kinds of meat. The tougher the bird the more cooking will be needed to make it tender and easily digested, and the larger it is the more heat will be required to cook it thoroughly.

As regards composition poultry does not differ as much as is commonly supposed from meat of other domestic animals used for food. Individual kinds and specimens, of course, vary in the relative amounts of protein and fat contained, and there are certain flavors in poultry which differ from those in other meats. But these differences are so small that they are practically negligible in ordinary diet. Nor is there as much difference in digestibility as is often stated. On the average, poultry is somewhat more

LOOK AT CONDITIONS

ADVISES USE OF THE KING ROAD DRAG.

GOSSIP FROM STATE CAPITAL

Items of Interest Gathered from Reliable Sources and Presented in Condensed Form to Our Readers.

Western Newspaper Union News Service. Agricultural Committees Appointed.

President Roberts of the board of agriculture has appointed nine committees to look into and report to the board upon the conditions and requirements of various matters pertaining to agricultural development of the state. The committees are as follows:

Live stock—Charles Graff, J. A. Ollis and H. V. Riesen.

Dairying—Jacob Sass, R. M. Wolcott and V. Arnold.

Poultry—William Foster, J. A. McArdle and J. A. Ryan.

Horticulture—P. Youngers, C. G. Crews and W. W. Cole.

County fairs—George Jackson, Charles Mann and Z. T. Leftwich.

Rural and agricultural education—E. R. Purcell, W. B. Banning and J. H. Taylor.

Agricultural extension—E. R. Denielson, William James and C. H. Rudge.

Production—L. H. Cheney, T. B. Keedle and C. H. Gustafson.

Marketing—L. W. Leonard, Geo. F. Dickman and W. C. Caley.

The appointments are endorsed by Secretary Mellor in a letter sent out to the members of the committees, instructing them as to their duties.

Hunting Chaplain for Penitentiary.

Members of the state board of control are having a hard time finding a man suitable for the chaplain's position at the state penitentiary. While the vacancy exists the place is being filled on Sundays by local pastors and during week days Deputy Warden Harmon is serving as spiritual adviser to the convicts. According to the board members there is no dearth of candidates for the place, but none of those who have applied thus far appears to fill the bill. "We want just the right man for the place," said Chairman Holcomb, "and will not appoint any one until we are well satisfied that that one is just fitted for the duties that will fall upon him. It is a position of singular importance from several angles and we do not expect to act hastily in the matter. If there is any minister in the state who feels that he is fitted for prison work and he would like to take this position we would like to have him come forward."

Impassable Roads Unnecessary.

Impassable mud roads, says the Nebraska college of agriculture, are unnecessary if there is enough public spirit in a community to give them proper use. The use of the King road drag is advised when used at the proper time. There are no periods of the year when the drag does not benefit the road, but it does the most good when the soil is moist, yet not too sticky. The Nebraska soils, when mixed with water, thoroughly worked and well baked with sunshine, become extremely hard and impervious to rain. The action in becoming hard and smooth not only helps to shed the water, but also greatly retards the formation of dust.

Farmers Assail Cholera.

The farmer himself is the largest single factor in the spread of hog cholera, according to data collected from the four demonstration areas by the department of agriculture. The exchange of work is chiefly responsible for this, says an animal pathologist at the university farm. Helping a neighbor haul exposed hogs and afterward using the same wagon to shuck corn is a fairly certain method of getting cholera. Visiting a sick herd for any reason whatever is a poor practice. The venter of stock foods and powders seeks the sick herds and is a likely carrier of infection. Know positively where the family dog is at night. If loose, he may be miles away and bring home his load of germs. In the winter, crows have a liking for feed lots and range a long distance. The old medical injunction to "clean out, clean up, and keep clean" should be applied to cholera outbreaks.

Bank Guaranty Law at Work.

Interest on all deposits to be paid out of the lately closed First State Savings bank of Superior, under the guaranty law, will be paid up to March 10. The state banking board so decided after having considered the liability of the state law for interest only to January 1. The problem is a new one, because the new guaranty law has never before been called into operation. In this case, so it was denoted at the meeting of the board, it is probable that most of the bank's assets will be realized upon.

Cure for "Blind Stagers."

A total change of feed and forage is the only effective method of contending with "blind stagers" in horses. Government experts have issued a bulletin declaring that there is a direct connection between the green forage, exposed pasturage and newly cut hay which the horses eat and develop this disease. A complete change of feed and forage is the treatment recommended. Moldy baled hay has caused the death of many horses. Many have been slain as the result of using fake

CHILDREN LOVE

SYRUP OF FIGS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

Naturally.

"What did you think of Jim's rattlesnake story?"

"It was a rattling good tale."

Only One "BROMO QUININE"

To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of W. W. GROVE. Cures a Cold in One Day. 25c.

Explained.

"However did you hear such dreadful things about Mrs. Huber?"

"You forget she was once my dearest friend."—Fliegende Blaetter.

Promising All Right.

Bill—Don't you think he has a promising future?

Jill—Sure. I heard him say twenty different times he was going to pay his bill.

Supreme Test.

"Does your husband treat you unkindly?" asked the lawyer.

"Certainly not!" said the unsuspicious woman.

"Then why do you want a divorce?"

"I don't actually want a divorce. I merely want to apply for one. Then I can judge by the kind of a fuss my husband makes whether he really cares for me or not."

Black Hole of Calcutta.

The innate corruption and depravity of human nature were perhaps never more clearly brought out than in the historic Black Hole of Calcutta. That atrocity stands unrivaled as an instance of the utmost suffering humanity can endure, passed through by a large number, yet leaving a few survivors to tell the tale. Many more have been slain or executed at one time, death being expected; but probably only safe keeping of the prisoners was intended, and only fear of breaking a despot's sleep prevented their earlier release. Yet this torture, "unequaled in history or fiction, whose record cannot be read unmoved after the lapse of a hundred and fifty years," was produced merely by crowding men together in an ill ventilated room. No fires, racks, nor scourges were needed; all that was done or required to be done was to take from each the amount of air and space to which he was accustomed, crush him into close proximity with his fellows, and the thing was accomplished.—From "A Farmer's Note Book," by C. E. D. Phelps.

NOT A MIRACLE

Just Plain Cause and Effect.

There are some quite remarkable things happening every day, which seem almost miraculous.

Some persons would not believe that a man could suffer from coffee drinking so severely as to cause spells of unconsciousness. And to find relief in changing from coffee to Postum is well worth recording.

"I used to be a great coffee drinker, so much so that it was killing me by inches. My heart became so weak I would fall and lie unconscious for an hour at a time.

"My friends, and even the doctor, told me it was drinking coffee that caused the trouble. I would not believe it, and still drank coffee until I could not leave my room.

"Then my doctor, who drinks Postum himself, persuaded me to stop coffee and try Postum. After much hesitation I concluded to try it. That was eight months ago. Since then I have had but few of those spells, none for more than four months.

"I feel better, sleep better and am better every way. I now drink nothing but Postum and touch no coffee, and as I am seventy years of age all my friends think the improvement quite remarkable."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of the famous little book, "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.—sold by Grocers.

900 DROPS

CASTORIA

ALCOHOL—3 PER CENT
Vegetable Preparation for Assuaging the Food and Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC**

Recipe of Old Dr. SAMUEL PITCHER

Pumpkin Seed -
Aloes -
Rhubarb -
Sassafras -
Sulphur -
Cinnamon -
Licorice -
Molasses -
Castor Oil -

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP

Fac Simile Signature of
Wm. C. Hooper

THE CENTAUR COMPANY,
NEW YORK.

At 6 months old
35 DROPS—35 CENTS

Guaranteed under the Food and Drug Act

Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Wm. C. Hooper

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK, N.Y.

One-Horse Two-Row Walking Cultivator, With Attachment for Distributing Fertilizer.

soon as the rows can be seen, but do not throw the dirt over the beets. Block and thin the beets just as soon as they are large enough to handle. Space with reference to the strength and moisture-holding capacity of the soil.

Rotate with other crops to improve the soil condition and to eliminate pests. Keep plenty of live stock to utilize the beet tops and other feed and supply stable manure. In harvesting the beets see that they are all gathered, properly topped, and as free as possible from dirt. Cover the beets as soon as topped to prevent evaporation, and utilize beet tops, pulp and lime with a view to improving soil conditions.

The by-products of the beet field and sugar mill that are of particular importance to the farmer are the beet tops, the pulp and the waste lime. If properly handled, the beets form a valuable asset for the beet grower, and in considering the value of a beet crop they should be reckoned at their real worth as a stock food. Many farmers sell their tops at a cash price ranging from \$2.50 to \$5 per acre, in which case the grower is the loser for the reason that the tops are of greater value to him as a stock food, and if he allows the tops to leave his farm he loses their manurial value, consisting of a large part of mineral plant food taken up by beets in the process of growth, and also their humus value, which results from returning the tops to the soil in the form of stable or barnyard manure.

The most economical way to handle the tops is to gather them into piles soon after they wilt and before they become thoroughly dry. In this condition they can be gathered with much less loss than would be the case if they were left scattered over the ground until dried. After they have cured in the piles they should be hauled to the feed yard, where they should be fed in properly constructed racks to avoid waste.

Beet pulp is an excellent stock food. This by-product is the refuse that remains after the beets have been sliced and the sugar extracted. As a stock food it may be used either as green pulp, that is, just as it comes from the mill, or it may be dried.

Waste lime is a by-product of the sugar mill, which under certain conditions is of considerable value to the farmer for correcting the acid condition of the soil. It is well known that a soil should be neutral or slightly alkaline in order to produce the best results. Lime has the ability to com-

One-Horse Two-Row Walking Cultivator, With Attachment for Distributing Fertilizer.

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Piling and Topping Sugar Beets.

easily digested than beef and mutton, but only very slightly. The difference in digestibility between the various kinds of poultry probably depends on the amount of fat contained, the fatter sorts being least easily digested. Tenderness of fiber may have something to do with both ease and thoroughness of digestion, and, if so, young birds are more easily digested than old, and the less-used muscles of the chicken, such as the breast, more so than the much-used tissues of the legs.

Similarly, white-fleshed birds may be more easily digested than dark-fleshed, because the fibers of their flesh are less closely set; but this is not fully proved. Indeed, very little is positively known on this subject, and that little seems to indicate that the differences in thoroughness of digestion are very slight, and that cooking has much more to do with the digestibility of the birds than these slight differences in composition and texture.

SPECIAL TO WOMEN

The most economical, cleansing and germicidal of all antiseptics is

Paxtine

A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine ills it has no equal. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." At druggists. 50c. large box, or by mail. The Paxton Toilet Co., Boston, Mass.

FREE TO ALL SUFFERERS

If you feel "hot" or "burning" in the "bladder" or "kidney," or have "stiffness" or "burning" in the "back," or "headache," or "dizziness," or "nausea," or "vomiting," or "diarrhea," or "constipation," or "flatulence," or "indigestion," or "heartburn," or "acid eructation," or "sour stomach," or "biliousness," or "colic," or "spasms," or "convulsions," or "epilepsy," or "hysteria," or "melancholia," or "neurasthenia," or "hypochondria," or "neuritis," or "neuralgia," or "migraine," or "headache," or "dizziness," or "nausea," or "vomiting," or "diarrhea," or "constipation," or "flatulence," or "indigestion," or "heartburn," or "acid eructation," or "sour stomach," or "biliousness," or "colic," or "spasms," or "convulsions," or "epilepsy," or "hysteria," or "melancholia," or "neurasthenia," or "hypochondria," or "neuritis," or "neuralgia," or "migraine," or "headache," or "dizziness," or "nausea," or "vomiting," or "diarrhea," or "constipation," or "flatulence," or "indigestion," or 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