

## LADIES' COLUMN.

### A HAPPY DAY RECEIPT.

Take a little dash of cold water,  
A little leaven of prayer,  
A little bit of sunshine gold,  
Dissolved in morning air.

Add to your meal some merriment,  
Add thought for kith and kin,  
And then, as a prime ingredient,  
Plenty of work thrown in.

Flavor it all with essence of love,  
And a little dash of prayer;  
Let a glance at the good old Book  
Complete the well-spent day.

### Some Health Hints.

A well known physician advises thin women to eat before going to bed, as there must be continuous nourishment to prevent the waste of tissue. A normal quantity of light, easily digested food taken before retiring, will also prevent or cure insomnia.

A tactful nurse will never speak in loud tones, nor yet in whispers, in the presence of the patient. She will not discuss the disease, the medicine, nor the food, nor tell stories or anecdotes that would excite the one under her charge. Especially will she exclude the knowledge of all family troubles, anxieties, or vexations from the ears already too keenly alert, the nerves already strained.

Trained nurses, and other women who are forced to observe long hours of work, with consequent irregularity of meals, find much benefit from carrying small tablets of chocolate in the pocket, and letting them dissolve slowly in the mouth. It is a matter of history that Napoleon's soldiers large sustained their strength with chocolate when crossing the Alps.

Rice and Raisin Croquettes.—Stew raisins till tender, then stir them into the boiling rice. When cold, form into croquettes, sift powdered sugar over, or serve with a sweetened sauce.

Kidney Toast.—Cut in pieces four veal kidneys with half a pound of calf's liver, and see to it that both are of the freshest. Make a little butter hot in a frying pan and toss them until cooked, but not overdone. Remove from the fire, add the beaten yolk of one egg, and a seasoning of salt, pepper and lemon juice. Have ready some squares of hot buttered toast, spread with the mixture and serve with stewed potatoes and hot cornmeal muffins.

Strawberry Short Cake (Mrs. Bennett's Recipe).—One quart sifted pastry flour, three level teaspoons baking powder, butter the size of two large eggs. Sift the powder through the flour two or three times, rub in the butter and mix with sweet milk about the same as biscuit dough. Bake in a flat cake tin or dripping pan in two layers. Place the first layer in the pan and spread the top with melted butter before putting the other one on, so that you will not have to split the cake when done. Also mark it on the top with a knife into squares of the size you wish the pieces to be when served. Upon taking it out of the oven separate the layers and spread the sides that were stuck together in baking with butter. Sweeten to taste one quart berries and add one-half cup cream, mixing all well together and washing and cutting the berries with the spoon. Spread this between the cakes and serve with a sauce made of one pint of strawberries and one-half pint of cream sweetened to taste, having the berries slightly cut and mashed.

### Value of Old Lace.

Old lace is much more valuable than new, for this reason, among others, that it is generally all woven in "lost" patterns. It is frequently as fine as a spider's film and cannot be reproduced. The loss of patterns was a severe check to lace making in France and Belgium, and was occasioned by the French revolution. Before that time whole villages supported themselves by lace-making, and patterns were handed down from one generation to another. They were valuable heirlooms, for the most celebrated weavers always had as many orders as they could execute in a lifetime, and they were bound by an oath taken on the Four Gospels to work only for certain dealers. When the reign of terror began all business of this sort was interrupted for a time. After the storm subsided the dealers and workers were far apart—some dead, some lost, and some escaped to foreign lands; and such of the women as remained, were bound by their oath to work for but one. And this oath, in spite of Robespierre's doctrines, was held by the poorest of them to be binding, and there are instances where they suffered actual want, rather than break their word. Some, however, taught their children and grandchildren, and many patterns were in this way preserved. Some of the daintiest and finest patterns were never recovered, and today specimens of these laces are known to be worth their weight in diamonds.

### Woman's Age.

"What is the most interesting age in woman?" was a question recently discussed by an artist, an author, and a woman of society. The artist said that he did not like to paint the portraits of those between the ages of 25 and 40. Twenty-five the face has an expression which charms. It is looking forward with joyous freshness and confidence in the future. In the middle age the character is formed, and the woman is no longer a child, but an individual. In the old age the character is strong and the woman is no longer a child, but an individual. In the old age the character is strong and the woman is no longer a child, but an individual.

## FARM NEWS NOTES.

### Changes in Farming.

In all the industries that go to make up the business of the world there have been within the memory of many of us who will not admit being old, a great many changes in methods and results. It is not strange therefore that changes similar in kind should have occurred in farming. One series of changes of a very marked character is that which has taken place in the scale of living. Farmers live better and have more than formerly. When the farmer goes to town now it is usually upon necessary business, and instead of wearing his working clothes he puts on a suit that is as good as is worn by those whom he expects to meet. The farm wagon and team used to be good enough to go to church or town in, but now the majority of farmers have a comfortable rig for these purposes, as they have a right to have. Formerly when the farmer's hair got too long his wife put a large bowl over his head and with the family shears cut off all the hairs that extended below the edge of the bowl. Now the farmer goes into the barber shop and gets his shaving and hair cutting done like "folks." His wife and daughter don't go to town any more in a sun-bonnet and a calico dress in summer and a lincey woolsey in winter. They have things in the house to live on, to do with and to enjoy, and we are glad of it. The farmer works hard and the service he renders the world is one of the most important that can be rendered it, and he and his family therefore have a right to the good things of this world and to enjoy a fair measure of them as they go through life. Anyone, however, who remembers forty or fifty years back can recall without difficulty hundreds of changes of the kind which we only here hint at.

### Some Good Receipts.

Fried Chicken.—If very young, clean and cut up into ten or a dozen pieces, wash and wipe dry, rub a little salt on each piece; have two spiders ready, with the bottoms well covered with melted butter. When hot, lay the chicken in and watch closely; loosen but do not turn it over until brown, after it has been in a few minutes add a spoonful of water to each spider and cover closely a few minutes to steam; uncover and see if the pieces are well browned on the under side; if so, turn. Sometimes you need to add more butter. When brown on both sides, remove to a warm platter and serve hot. If your chickens are older, it is best to put them in hot water and boil half or three-fourths of an hour first, then sprinkle flour on them and fry; or you can steam them awhile instead of boiling.

Escalloped Eggs are excellent. The ingredients are one dozen hard boiled eggs, one pint of cream, a heaping cup of bread crumbs, a tablespoonful of flour (large), butter size of an egg, salt, pepper and extract of celery to taste. Slice the eggs and arrange the layers in a baking dish, sprinkling lightly with bread crumbs and bits of butter. Make a sauce of the cream, thickened with flour and seasoned with salt, pepper and celery. Pour this over the last layer of eggs; strew the remaining bread crumbs on top and bake until brown.

Asparagus on Toast.—Boil one bunch of asparagus in salted water until tender. Drain, and cut off all but the very tender part. Put this into a bowl with three tablespoonfuls of melted butter, and a sprinkling of black pepper. Mix together well, and lay on squares or rounds of hot buttered toast.

Lettuce Salad.—With a fish dinner, lettuce is almost with a French dressing, which is made as follows: Put half a teaspoonful of salt and a quarter of a teaspoonful of black pepper in a bowl or soup plate, add five teaspoonfuls of olive oil and stir until the salt is dissolved; now stir in two teaspoonfuls of vinegar. Arrange the bright inside leaves of the lettuce around a salad bowl; cut up the outer leaves, mix them thoroughly with the dressing and heap on the leaves. Those who do not like oil can use melted butter. Lettuce is also very nice eaten with brown sugar and vinegar.

Graham Gems.—Cream together one and one-half tablespoonfuls of unmelted butter and two heaping tablespoonfuls of light brown sugar. Add one well-beaten egg and one cup of milk. Sift together one saltspoonful of salt, two teaspoonfuls of baking powder, one cup of white our and three-ourths cup of graham flour. Bake in gem pans in a quick oven. These are excellent for little-children who desire "a bite between meals," as well as a welcome adjunct to breakfast or tea.

Bavarian Cream.—Cover half a box of gelatine with half a cup of cold water and let it soak one hour. Whip a pint of cream. Put a pint of milk on to boil, to which add the gelatine with any fruit desired, or, if preferred, two ounces of chocolate. Take from the fire, add half a teacup of sugar and flavoring. Put in a tin pan and set to cool, stir until thick, then add the whipped cream; mix thoroughly and pour in a mold to harden. Serve with whipped cream.

Chocolate Cake.—Two cups of sugar, one cup of butter, five eggs (reserving whites of two), one cup of sweet milk, two teaspoons of baking powder, three and one-half scant cups of flour. Bake in square loaves and frost with the white of two eggs, one and one-half cups of powdered sugar, five tablespoonfuls of grated chocolate and two teaspoonfuls of vanilla.

Pop Overs.—These, with a sauce, make nice and inexpensive dessert, or they may be eaten hot with butter for breakfast or tea. They take one scant cup of sifted flour, one small cup of milk, one egg, one saltspoon of salt. Mix the salt with the flour. Beat the egg very light; add the milk; beat again; pour it gradually on the flour, stirring carefully to prevent lumping. Beat the whole batter well and pour in hot, well-greased gem pans. Bake in very quick oven ten or fifteen minutes. This quantity will make one dozen.

### Salads for Springtime.

In the spring of the year one cannot eat too many green salads. Salad in some form or other should appear on the table daily. Young lettuce and chloory dressed simply with oil and vinegar is delicious. Dandelion leaves served in this way also make an excellent salad.

Spinach served cold with slices of boiled eggs and a French dressing can scarcely be surpassed as an appetizer, and the same might be said of asparagus served in the same manner.

Thick cream and mayonnaise dressings are not advisable for salads at this season of the year. In the first place they are too difficult to prepare to admit of daily use, and in the second place they are not nearly so refreshing or wholesome as oil and vinegar dressing.

It is clear that the highest priced produce goes for the lowest.

### ITEMS OF FARM INTEREST.

There are farmers who believe that it is not necessary to have a horse fat in order to sell him a horse buyer. They think they can break up and put in spring crops and then sell the horse for as much as they could have done when the winter fat was on. This is a mistake. He may be sold to another farmer for farm work, but for shipment to eastern markets he will not do unless he is fat. Simply some flesh will not do, but he should be fat.

Rhubarb pie seems to be necessary in the spring of the year. It seems to fill a long felt want and take the place of fruit that cannot be had at this season of the year. The main thing about it is to get it early and in order to do this beds will have to be rich and warm. I saw rhubarb pushing through the ground long before the frost was all out. Had pies some weeks ago, and just this day (May 7th) we had fried chicken and rhubarb pie. The bulk of the chicken crop will not be ripe until the rhubarb is all gone or out of season.

There is at present an unusually good demand not only for all good young female cattle, but especially for good milk cows. It has often been a matter of surprise to us that there were not more persons who saw how great would be the business advantage of engaging in the growing of good milk cows. A man who understood the business of breeding along dairy lines and developing the heifer calves he secures, could without doubt make as much money by breeding good grade dairy cows as is made by the breeders of most of the breeds of pure bred stock, and that, too, at considerably less expense. Of course, we do not mean that he could secure the prices that are obtained for the few really superior animals in the beef breeds, but he could come close to getting what the run of the pure bred stock has, until recently, been bringing. By the run of the stock we mean that kind that is usually called "useful animals."

There is a good deal of talk about the importance of securing foreign trade for our dairy products. The facts are, however, that for the greater part of the time when there is reasonable prosperity in this country, our home market is better than any foreign market for the same class of goods. During the past year a large number of packages of butter have been exported and then re-imported again, simply because they would bring more money at home than they would abroad. Of course this invited a loss of freight both ways.

As the pasture season comes on owners of dairy cattle should be on their guard against the cows eating those weeds which injure flavor. Such weeds are found on all low fields and swamps, and they are found, too, quite frequently in pastures that are pretty well worn out. When the grass has become thin weeds spring up in abundance, for it is not nature's policy to allow the earth to go naked. Many of these weeds are a kind that injure flavor, and some of them make the summer variety of bitter milk and bitter butter. The winter kind of bitter milk and bitter butter is usually due to one of several species of bacteria.

### Making Meadows and Pastures.

One of the commonest complaints in farming is in regard to the difficulty in getting a stand of grasses for hay or pasture. Much of the difficulty is undoubtedly due to an insufficient preparation of the ground to receive the seed. To make a really strong stand, fine tilth is important. Grass seed are, as a rule, very small. The stored up nutriment on which initial growth subsists is quite limited. The roots that are put forth are quite tender and have little capacity to push themselves. The soil therefore should be in a condition that will enable the tiny rootlets to promptly take hold of the fertility it contains, or they will die of starvation before they have established connection with the outside source of nutrition. Many failures, too, are due to insufficient seed. Grass seeding should be liberal, because if it does not thoroughly occupy the soil something else in the shape of a weed that is a better hustler is pretty certain to do so, and another grass that does come. In England, where the climate, speaking generally, is much more favorable to grass production than our own, seeding that furnishes from 10,000,000 to 20,000,000 of seeds per acre is quite common. The larger number provides about four seeds to the square inch. With the amplest seeding, however, the condition of the soil is still a controlling factor, for it is not the amount of seed that is put on land that makes the stand but the number of them that grow and take hold. There is also a lack of appreciation of the necessity for fertility in lands that are to be put in grass. Grasses do not enrich; on the contrary, they call for richness. They make their growth wholly from the materials they find in the soil, and if these materials are not there the results are certain to be unsatisfactory. Poor soils will not produce grass in large quantity or of good quality. A chief reason why grasses so frequently fail is that there is in practice a sort of an assumption that they grow of their own accord and do not need intelligent study and attention as most other crops do.

### To Keep Irish Potatoes.

The Southwest gives the following as a good inexpensive recipe for keeping potatoes: "After digging the potatoes and storing in cellar or dark place, scatter slaked lime over them. A sieve could be used for sprinkling on the lime. Stir up the potatoes so that all will be covered. It is better to have the potatoes ten to fourteen inches deep on shelves or in boxes. So treated the potatoes will keep cool and sweet all through the winter. Tobe Stearns and S. A. Peck treated their potatoes this way with perfect success. Mr. Peck says this treatment did not injure them the least for planting. Mr. Stearns tells the experience of two neighbors in the Indian Territory. One limed his potatoes, the other did not. The limed tubers kept until they were eaten; the unlimed rotted inside of two weeks.

Many have let their potatoes rot in the ground believing they would not keep. Here is a positive remedy against rotting at almost no expense. The Southwest will vouch for the reliability of the tests referred to. Hundreds of our readers could save money by trying it.

### The Tomato Worm.

The tomato worm which bores into and eats the fruit is identical with the bug or ear worm of corn and boll worm of cotton. Hence we can use the trap crop method as indicated in the accompanying outline to protect the tomato crop, with these differences: First, it will ordinarily be found that only two need to be planted in corn, and hence two plantings. Second, we use some extra variety of sweet corn, as it can be forced into silking more quickly if necessary. Plant one row of corn now, so as to catch the first brood, and the second row a month later, so as to be in fresh silk about the time the main crop of tomatoes comes in.—Swiss Truck Farmer.

### LETTERS 1,808 YEARS OLD.

#### Agrippa's Letter To Christ and the Latter's Reply.

The New York Journal Rome correspondent in Rome cables: Prof. Bohrmann of the Vienna university told the archaeological congress in Rome that the following letters referred to by Eusebius in the fourth century had been rediscovered after being lost for 1,802 years:

King Agrippa to Christ—"I have heard of Thee and the cures wrought by Thee without herbs or medicines, for it is reported that Thou restorest sight to the blind and maketh the lame to walk, cleansest the leper, raisest the dead, castest out devils and unclean spirits and healeth those that are tormented of diseases of a long continuance. Hearing all this of Thee, I was willy persuaded that Thou art the very God come down from heaven to do such miracles, or that Thou art the Son of God and performest them. Wherefore I have sent thee a few lines entreating Thee to come hither and cure my disease. Besides, hearing that the Jews murmur against Thee and continue to do Thee mischief, I invite Thee to my city, which is but a little one, but is beautiful and sufficient to entertain us both."

Christ's reply to Agrippa—"Blessed art thou for believing in Me whom thou hast not seen, for it is written of Me that they that have seen Me shall not believe and they that have not seen Me shall believe and be saved. But concerning them thou hast written, this is to acquaint thee that all things for which I was sent hither must be fulfilled and then I shall be taken up and return to Him that sent Me. But after My ascension I will send one of My disciples that shall cure thee of thy distemper and give life to all them that are with thee."

Prof. Bohrmann announced that the letters had been discovered in stone over the gateway of the old palace of the king of Ephesus, and that they were undoubtedly the letters referred to by Eusebius, and the other early writers, according to whom they were written in the Syro-Chaldaic characters and originally discovered under a stone eighty-four miles from the city of Iconium in the year 97 and then lost.

Fragments purporting to be of the original were declared spurious by Pope Leo III. Prof. Bohrmann says that this discovery proves that such letters were written and supplies the full text. The Ephesus inscription is in Doric Greek. The first letter is signed by Agrippa, who is the Agrippa of the biblical text.

### TO WATER THE DESERT.

#### A Machine to Irrigate the Deserts Is Announced.

Several machines have been invented for making the best of the sun produce steam or electric power, but a Washington man is the first to turn such a device to practical use.

William Calver is now about to set up one of his sun-power machines in Arizona, near Phoenix, and dig wells in the desert. His plan is to make the intense heat of that hottest part of the United States develop the power to pump up water enough to irrigate all the barren land.

Everybody knows what a transformation a little water makes on a desert, producing an oasis of tropical verdure, while all beyond this watered space is desolation and death. It is usually so expensive to drill wells and pump the water on a desert that it does not pay to reclaim the waste land. But, if the overabundance of sunshine on the desert can be utilized, the problem is solved.

Mr. Calver's machine consists of a set of six mirrors and lenses, by which he focuses the sun's rays as a boy does with a burning glass. The heat which can be generated by Mr. Calver's machine is said to be equal to a furnace for a 500 horse power boiler.

With such a power as this available wherever one sees fit to set up his plant, it is easy to see how well drilling and water pumping can be done on a large scale. Geologists have found in recent years that out southwestern deserts have almost numberless subterranean streams flowing at depths varying from 25 to 250 feet below the dry, parched surface of the earth. So there need be no lack of water if the borings are intelligently directed.

The amount of arid lands which lie in Arizona, New Mexico, Oklahoma, Texas and Colorado is estimated to be at least five hundred millions of acres. This is rendered useless by the need of water, and the reclamation of this land would add billions of dollars to the wealth of the country.

In many sections of Colorado and other states in which irrigation is used, the best farming lands in the country are those which were formerly worthless and are now artificially watered, and the very finest crops in the land are grown there.

### A BACHELOR'S REFLECTIONS.

New York Press: No girl ever jilted a man that he didn't live to be glad of it.

The devil invented heresy so that the churches would be so busy they would let him alone.

In this world the kicker always gets the things that the man who hates to kick doesn't deserve to get.

When a woman ends by not marrying a man it is always either because he has got too wise or else because she has got too foolish.

Every man who is in love has times when he envies the ancient Britons. When an ancient Briton saw a woman he wanted he went for her with a club and brought her home slung over his shoulder.

### HOME, SWEET HOME!

#### Tragic Life of John Howard Payne, Author and Actor.

A man in whose life the "irony of fate" has figured conspicuously was John Howard Payne, author of "Home, Sweet Home." Several years ago the House committee on claims aided that a balance of \$203.92 was due to the heirs of Payne, who was consul at Tunis at the date of his death, April 9, 1832. The committee said that appropriation should be made for payment of this balance, "long standing to the credit of the faithful officer, whose fame was world-wide, and whose memory is dear to every American home, where it is revered and loved by old and young alike."

John Howard Payne was born in New York City, June 9, 1792. His early life was spent on the shores of Long Island, where his father was principal of an academy, and while Lyman Beecher was a preacher there. The Payne family ultimately moved to Boston, where the father won distinction as a teacher. The son was characterized at this time as a clever, poetical, Bohemian lad, with military aspirations. He was captain of a company which, on one occasion, was reviewed with the veterans of the Revolution.

At seventeen Payne made his debut as an actor at the Park Theater in New York, playing subsequently in Philadelphia, Baltimore and Boston, and appearing at Drury Lane, London, in his twenty-first year. For a while he was editor of one of the first dramatic papers, the "Opera Glass." Then he devoted himself to the composition of dramas and wrote a tragedy, "Brutus," for Edmund Keen, a prominent actor of that time. Among his other plays was one called "Clari, the Maid of Milan," which was brought out with music by Bishop, May 8, 1823, at Covent Garden.

It was in this play that "Home, Sweet Home," first appeared. The air was commonly described as a Sicilian melody, but many attribute it to Bishop. However, this may be, it is safe to say that it would probably never have been known beyond its native shores had it not been linked to the beautiful words composed by Payne. The song brought the original publishers \$10,000 in two years, and yet the author was forced to live in a Paris attic at the point of starvation!

This was at the time the song was first introduced. Payne used to say that he often heard the song in Paris, London and Berlin when he had not a shilling and was himself homeless. In 1832 he returned to his native land in 1841 was appointed American Consul at Tunis. When he died there in 1852 there was not enough money to ship his body home, and had not a millionaire of Washington come to the rescue his ashes might have rested forever in that far-away land. Was it not fitting that as the ship which bore his body neared the harbor there should come from the shores the strains of that immortal "Home, Sweet Home." Catching Smelts.

Nearly one hundred men and boys together have been engaged winters fishing at Surry, Me., and in thirty-five years more than \$40,000 worth of smelts have been taken. The smelts are all caught with hook and line. Taking them otherwise, such as by seine, would be regarded by the fishermen there as a great wrong. The fishing is all done in tents, the tents being about six feet long, five feet wide, and high enough for a man to stand up in them, says the New York Telegraph.

These tents are covered with cloth, heated by a stove and lighted, usually, by a lantern. The temperature of a tent has been known to vary, however, 60 degrees within ten minutes during a cold day. A hole about six feet long and eight inches wide is cut in the ice, and the tent set lengthwise of this. Six lines attached to a pole fastened to the plates of the tent hang into the water nearly eight inches apart. These lines, during fishing hours, are always kept in motion.

The way the fishermen handle these lines, how they can bait the hooks and slat metals, when, as they say, they are "stalking bait," is certainly wonderful. One man has been known to catch 100 pounds in less than one hour. This means at least 1,000 fish, or about seventeen a minute. One smelter has been known to catch 500 pounds during one tide's fishing.

Some have made \$25 to \$30 a day and others \$200 in a few weeks. But these big catches are only made by those expert in fishing. The chances are that a green hand would starve the first winter if dependent wholly on what fish he caught. During the fishing season politics, religion, war and all other subjects generally discussed in the stores are dead issues. Nothing but smelt is talked about; nothing but smelt is discussed by the fishermen. The usual salutation when meeting another is: "How many?"

It is a beautiful sight some still, cold morning to watch the streams of white smoke rise out of a hundred steeples and slowly ascend almost perpendicularly 100 feet in the air. From a distance all these little houses huddled together remind one of some miniature city. Sometimes when the bay first freezes these villages come into existence with as little notice as that of a mining settlement. The smelts are all shipped to Boston and New York Markets.

### Fortune's Vagaries.

"It's strange, sighed the trolley conductor, "how, when two boys start out with equal chances, one of them is bound to forge ahead while the other lags behind. There was Jim; Jim and I were fast friends as youths, but look at me now. Equal as our chances were, Jim is ahead."

"What is he doing?" asked the passenger who had paid his fare.

"He's the motorman up front. Did I get your nickel? Yes, sir, it's strange."