

MUST HAVE REST.

THE PRESIDENT RETURNS TO GRAY GABLES.

He will stay for a time in Obedi-
ence to the Advice of His Physician—
The Silver Question Now Under Dis-
cussion in the House—Congressman
Bland Takes the Floor in Behalf of the
Silver Advocates—The Warning that
the Order of Procedure—Secretary
Tracy on the Financial Situation.

Bland Warns the Democrats.
WASHINGTON, Aug. 12.—"We intend
no political party shall sur-
vive that will lay the confiscating hand
of America in the interest of Eng-
land and Europe, and demote the sil-
ver in this country, and, my friends of
the eastern democracy, we bid you
adieu when you do it."

These were the words of Richard P.
Bland in the great financial contest that
is being waged in the house of representa-
tives, and the applause that followed
his determined utterances demonstrated
the great silver leader had with him
a material element of the democra-
tic party. It brought every mem-
ber of the house to a realization that
the most serious crisis in the democra-
tic party since the dissensions of slavery
is at hand, and that the division of
the party like the division of 1861, would be
in accordance with the program of
the night agreed upon, Mr. Wilson im-
mediately after the meeting of the
house, introduced a bill uncondi-
tionally repealing the Sherman purchas-
ing act, and Mr. Bland, on behalf of the
free silver men, followed with a resolu-
tion providing for the immediate
repeal of the bill and allotting
thirty days for general debate be-
fore a vote should be taken. The resolu-
tion was drawn to especially secure
the repeal of the Sherman act, and to
provide for free coinage at the
current rates proposed, but is so ex-
tensive as to call for a final vote on the
repeal bill at the termination of the
debate, whether the silver amendments
will or not. Thus, in the house at
least, the fear of filibustering is al-
most, and both parties are arrayed in
for a fair fight and no favors.

The speeches of the day were marked
by their intensity of feeling and re-
vealed a wide difference of opinion in
the ranks.
Mr. Bland of Maryland was frank
and unqualifiedly declare for
bimetallism under present conditions
and presented the arguments of the
repeal men in the strongest possible
light.
Mr. Bland electrified the house by
warning that the democratic party
could know the silver men no more if
assisted in the last drama of the de-
monstration of silver, and Lafe Pence,
the young silver representative from
Ohio, made one of the strongest
speeches heard in the halls of congress
since the last decade—excepting only
the eloquent tariff oration that brought
tears to Congressman William J. Bryan
of Nebraska a year ago.
The galleries of the house were well
filled when immediately after the
reading of the journal Mr. Wilson of
West Virginia offered for present con-
sideration a bill to repeal a part of the
act approved July 14, 1890, (the Sher-
man act).

It provides that so much of the act
approved July 14, 1890, as directs the
secretary of the treasury to purchase
from time to time silver bullion to the
aggregate amount of 4,500,000 ounces,
or such amount thereof as may be offered
at each month at the market price
of not exceeding \$1 for 37 1/4
grains of pure silver, and to issue in
payment for such purchase, treasury
notes of the United States, be, and the
same is hereby repealed. But this re-
peal shall not impair nor in any man-
ner affect the legal tender quality of
the standard silver dollars heretofore
issued; and the faith and credit of the
United States are hereby pledged to
maintain the parity of the gold and
silver coin of the United States at the
present legal ratio, or such other ratio
as may be established by law.
Then Mr. Bland arose and desired to
offer a resolution looking to the order
of procedure.
Mr. Cannon of Illinois desired to ask
parliamentary question. He wanted
to know how the bill was to be con-
sidered. Was it to be referred to a
standing committee? Was it to be
considered in committee of the whole,
or was it to be considered in the house
in committee of the whole?
The speaker replied that in the ab-
sence of rules it was for the house to
determine the method of its considera-
tion.

Secretary Tracy on Finance.
NEW YORK, Aug. 12.—General Tracy,
secretary of the navy, in an inter-
view today said the administration had
ample power to relieve the currency
pressure. It could coin the 140,000,000
ounces of silver purchased under the
Sherman act, and turn the profit or
amortage, which would amount to
\$100,000,000, into the treasury. The
amount thus made available could be de-
posited at national depositories, and
the amount deposited would at once
enter into the circulation of the
country.

The present falling off in the rates
of the government," continued General
Tracy, "indicate that unless the step is
taken of increasing its resources by
the profits to be derived from the coin-
age of the bullion now in the treasury,
it will be under the necessity of selling
at least \$50,000,000 at the close of the
current fiscal year."

Protest Against Insurance Rates.
STOCK CITY, Iowa, Aug. 9.—A com-
mittee of representatives of the Job-
bers and Manufacturers' association
returned yesterday from Chicago,
where they went to meet the insur-
ance compact managers and enter a
protest against the recently ordered
10 per cent raise of premium rates in
Iowa. They showed that the old rates
were large profits on the busi-
ness. The officials heard the statement
and gave some encouragement. The pro-
test from Iowa will probably be made
general.

MUST FIGHT WITH VIGOR.

Senator Washburn Says Force Must Be Used—Stewart Forecasts.

WASHINGTON, Aug. 9.—The feeling
is very intense on the financial ques-
tion. This was shown in two vigorous
expressions made yesterday by men
who represent two of the leading ele-
ments in the fight. One of them was
Senator Washburn of Minnesota, who
spoke from the republican standpoint
thus:

"It will be a crime if congress does
not act and act at once. It is a ques-
tion of weeks, and almost days, and
with the feverish condition of the
country a delay of months will not be
tolerated. If the proper steps are
taken the house can be forced to pass
a repeal bill within the next week, and
the senate will do the same thing
within the next three weeks. But this
can be done only by a display of back-
bone and force. Yes, we must have
plenty of force. My plan is to
come to the senate and stay
here day after day and night
after night until the repeal is accom-
plished. If there are men here who
want to respond to the demands of the
country they must make up their
minds that they must go without sleep
night after night. They must camp
out in the senate chamber. They
must form squads and reliefs, and
they must stay at their post of duty
in the senate until this selfish, per-
sonal interest which seeks to secure
delay is absolutely strangled. That
is the only way of actually doing what
the country demands shall be done."

This is the heroic remedy Senator
Washburn will submit to the republi-
can caucus if it is adopted, and there
are many who recognize that it is the
only speedy solution to the contest, it
means a fight to the death at the very
outset of the senate.
Senator Stewart was asked if there
was any possibility of a compromise
on the basis of a new ratio. He said
that there was not the slightest chance
of a compromise, and then he added
what is of much significance at this
time:

"What is the use of talking com-
promise when the friends of free silver
have an actual majority in the United
States senate? I know what I say
when I claim that there is a majority
opposed to unconditional repeal. There
has been talk of a canvass showing
thirty-five for repeal, thirty-five
against and eighteen doubtful. But
that is far from exact. I tell you posi-
tively that I have a canvass, which
shows a clear majority opposed to un-
conditional repeal."

This is the first time that the sena-
tor has claimed that the silver men
had a majority which could defeat
repeal. Only ten days ago he was
quoted by a New York paper conceding
the passage of the repeal. He
said, however, that he attached con-
ditions to the views then stated and
that since then his canvass has assured
him that the silver forces of the senate
could not be defeated.

What Congressmen and Senators Think
of the President's Message.
WASHINGTON, Aug. 9.—The message
of the president was received by con-
gress with a degree of attention and
earnestness that has seldom been ac-
corded to that state paper. A notable
fact was the general absence of adverse
criticism from a party point of view,
and, among those who have reserved
their judgment, the democrats were
quite as numerous as the republicans.
For instance, Mr. Voorhees, chairman
of the finance committee, declined posi-
tively and refused to be interviewed on
the message, and Mr. Hall of New York
did the same.

Mr. Gorman said: "The message is a
clear statement of the president's views.
It is as terse and clear a statement as
could have been made.
Senator Cockrell, chairman of the ap-
propriation committee, said: "I am
not sure that I understand fully the
purpose of the message and until I have
read it carefully I cannot express an
opinion."
Senator Allison, one of the leading
financial lights of this country, was
very conservative in his expressions of
opinion. He remarked: "It is a very
fair message." He thought that the
tariff references of the president were
calculated to disturb business further
at a very critical time.

Senator Jones of Nevada: "I think
the message is utterly illogical and
does not analyze the situation at all.
The Sherman law has nothing to do
with the present condition of affairs.
The lines are drawn for the battle and
I see no reason for the friends of re-
peal to think they can carry their mes-
sage through."
Senators Quay, Hawley, Lodge and
McPherson were well pleased with the
recommendations regarding finances.
Senator Teller: "The simple asser-
tion of the president that the present
financial condition is due to the Sher-
man law does not make it so. His pre-
mise is wrong and his conclusions nec-
essarily fall to the ground."
Senator Peffer: "The banker will
regard it as perfection; the farmer and
workman will see in it further reduc-
tion of prices of the product of their
labor. It is the first attack of the mon-
ey kings in their financial struggle for
supremacy."
Bourke Cockran of New York, who is
expected to lead the anti-silver forces
on the floor of the house, said: "Ad-
mirable; most admirable. Even the
silver men must admit that this is the
most perfect presentation of the ques-
tion that could be made."

Representative Bland of Missouri, the
Moses of the free coinage men, said:
"As nearly as I could make out it was
a plea for a single gold standard, be-
cause England maintains it. If Eng-
land would coin silver probably this
country would do so. We seem to have
lost the spirit of 1776."
Representatives Bynum and Harter
commended the message in the highest
terms, as did Messrs. Springer and Hol-
man.
Representative Simpson (populist) of
Kansas said: "It is the weakest mes-
sage ever presented to the country.
Weak as dishwater does not express it."
Representative McMillen of Tennes-
see heartily approved the message.
Representative Bell (populist-democ-
rat) of Colorado said: "It is an un-
mistakable gold standard paper. It is
in direct conflict with the platform and
doctrines of the party for the past
twenty years. It is the argument made
by Sherman and the money power. It
makes the silver forces more deter-
mined. It did not seem to impress even

Got to Work in Short Order.

WASHINGTON, Aug. 14.—Congress has settled down to debate with a degree of expedition almost unknown in its history and with an apparent determination to do something that promises well for the outcome.

Fortunately for the majority in the senate the action of the house on the silver question relieved them from the necessity of speedy and perhaps ill-advised action. The democratic caucus committee, charged with the preparation of a plan that should secure the adherence of the united majority, will therefore commence its labors with more deliberation than would otherwise have been possible, and it is not expected now that it will perfect its work, which involves consultation with many senators at each stage, much before the house had acted.
The finance committee will probably wait upon the action of the caucus committee and so the silver question is not likely to figure in a formal way in the proceedings of the senate this week. It is entirely possible and even probable that speeches will be delivered upon the subject, but if so they will be based upon some such resolution as that introduced by Senator Lodge, calling for a vote upon the repeal of the silver purchase section of the Sherman act, and not upon a bill regularly reported from the finance committee and ready for immediate action. There is a strong disposition in some quarters to fill the time during the week by the discussion of the Lee-Mantle senatorial election case, which is in a privileged position and can be called at any time to the displacement of other business.

SENATOR HILL'S SILVER BILL.

The New York Senator Goes on Record as Favoring Bimetallism.
WASHINGTON, Aug. 9.—The indications are that there will be a race between the two houses of congress to determine which shall be foremost in giving consideration to the financial question. The senate made the first step yesterday by passing to the introduction of bills, and several measures were presented by the opposing elements looking to the repeal of the Sherman act or to the free coinage of free silver. The most significant bill, perhaps, was the one introduced by Senator Hill (N. Y.). The position of the senator from the Empire state on the financial issue has been often called in question, but the measure he presented yesterday leaves no doubt of his position, as, while repealing the purchasing clauses of the Sherman act of 1890, it unqualifiedly pledges the country to bimetallism. Senator Hill's bill is as follows:

"A bill to repeal certain sections of the act of July 14, 1890, entitled 'An act directing the purchasing of silver bullion and the issue of treasury notes thereon and for other purposes.'
"Be it enacted, etc., that sections 1, 3 and 4 of the act of July 14, 1890, entitled 'An act directing the purchase of silver bullion and the issue of treasury notes thereon and for other purposes,' are hereby repealed.
"Sec. 2. This repealing act, however, is not to be construed as an abandonment of bimetallism, but it is hereby declared that the policy of using both gold and silver as the standard money of the country shall be established and to the accomplishment of that end the efforts of the government shall be steady and safely directed."

Senator Vest introduced a bill to fix the number of grains of gold and silver in the gold and silver coins of the United States, the silver dollar to contain 40 4/10 grains of pure silver or 510 grains of standard silver. Mr. Vest also offered a joint resolution setting forth that the American people, from tradition and interest, favor bimetallism; that it is the established policy of the United States to maintain the parity between gold and silver; and that it is the duty of congress to speedily enact such laws as will effectuate and maintain these objects.

GEN. HARRISON'S COUSIN

Now Being Taken Care of at the County Poor Farm at Denver.

DENVER, Aug. 11.—Some weeks ago a fine-looking man, nearly 80 years of age, with snow-white hair and beard, applied to the county commissioners for aid and was sent to the county poor farm, where he still remains. He gave his name as William Harrison, and said he was a first cousin of the ex-President. The officials smiled at the pauper's story, but Secretary Thomson of the humane society decided to investigate it. He has now received letters confirming the old gentleman's statement in every particular. George S. Cunningham of Lancaster, Ohio, formerly Mr. Harrison's attorney, gives the facts, and a daughter, Mrs. Rebecca Williamson of the same place, has been written to. Mr. Harrison charges his daughter and his former attorney with base ingratitude, but says "Benjamin," his cousin, does not know of his sad straits. The old man's resemblance to his distinguished relative is striking.

Plans of the Republicans.

WASHINGTON, Aug. 9.—The republican senators held a caucus yesterday afternoon in the office of Senator Sherman and discussed the situation from various points of view. The senators from the west mingled freely with the gold men from the east and talked over financial affairs in an unimpeded manner. There was one thing upon which senators agreed, and that was that the Sherman law was not alone responsible for the lack of confidence existing in the minds of the people. One senator made a speech in which he took the ground that the fear of interference by the democrats with the tariff had done more than anything else to sow the seeds of distrust throughout the land, a sentiment verified by others present. No fixed policy was determined upon. It was agreed that the democrats must assume the responsibility for all that was done, but at the same time the republicans would be guided by a patriotic impulse and do what they thought was proper to help the country in remedying evils that were believed to exist. It is believed another caucus will be held at no distant day.

Discussed Their Plans.

WASHINGTON, Aug. 9.—Immediately after the reading of the president's message in the house, the advocates of the repeal of the purchasing clause of the Sherman law assembled in the halls of the committee on judiciary for a further discussion of the terms of the proposition to be made to the friends of the free coinage of silver. It was stated that the gentlemen representing the free silver side of the controversy desired, before proceeding further with negotiations, to present the matter to the whole body of silver men and learn whether or not they would support an agreement to discuss the question and come to a vote at a certain date.

The Lucania's Trial Trip.

GREENOCK, Aug. 12.—The steamship Lucania, sister ship of the Campania, has left this port on her trial cruise, which will be made around Ireland. She will sail from Liverpool for New York on Sept. 2.

FARM AND HOUSEHOLD.

MODERATE APPLICATION OF AVAILABLE PLANT FOOD.

Feed the Crop at Intervals—A Good Mouth a Good Horse—Sweets for Stock—Farm Harness—Agricultural Notes and Household Hints.

The manner of feeding plants has much to do with their profitable growth. It has a certain analogy with the feeding of animals, for in both the growth depends on the way the food is supplied. No one presents to any animal all the food for three months' sustenance at one time, but the food is given as it can be digested profitably, and in such quantity that none is wasted. But for the crops, the food is supplied in bulk at the beginning of the season for the whole time, and at first there is a superabundance, and then a scarcity. The growth of the crop is often excited unduly at first, and a weak plant is produced, that is of weak vitality, although it may appear to be luxuriant.

Then when the most important period of its growth arrives and a greater draught on the plant is made for the maturing of the seed, the supply is short, and a great quantity of stalk or leaf may be produced, but little grain. To apply this to the corn crop, we may perceive that the usual method is to manure the soil as freely as may be possible before the planting. The first growth of stalk and leaf is too rank, and as the food in the soil is used up the plant needs more than is left for the most exacting stage of existence, viz., the flowering and maturing of the seed. Thus we so often find the majority of the ears are only partly filled, for the reason that the plant has not the materials to fill out the ear with.

This fact is important. The crop is shortened at least twenty-five per cent on this account, and if there is any way to prevent this loss it is well worth finding and making use of. It has been found by long experimenting that the method of supplying food for the crop at intervals, so as to provide for the most needful periods of its growth, wholly removes this difficulty and that full ears are invariably produced. Thus it is desirable that a moderate application of immediately available plant food should be given at intervals as the plant arrives at the exacting periods, these being when the reproductive organs are appearing and maturing. The last supply is given when the silks are seen, which is the time when the grain is about to be formed, and this is the time when all the resources of the plant are called into action. This food then being at once available and being at once appropriated insures well-filled ears and large and sound grain. The full filling of every ear will easily add one-fourth to the ordinary yield of corn.

It is a well-known axiom of trade and commerce that a reduction of price always stimulates consumption of any product, says the New York Times. This necessarily applies to farm products as well as others. If any product can be increased without a proportionate increase of cost, and the consumption of it is increased, there is more profit to the producer in the sale of the increased quantity at the lower price.

Cotton growers have complained that their product costs ten cents a pound to make. This cost is based on an average product of 150 pounds to the acre. But if the product is increased to 500 pounds or more to the acre, the cost of it will not be more than one-half that of 150 pounds. There may then be a considerable margin for increase of product to supply the stimulated demand through the lessened price, and this increased demand will proportionately add to the value, which will not then be reduced in full proportion to the increased product. This same principle applies to all farm products, and even food is consumed in larger quantities when low prices prevail. Thus it is easily seen that an effective remedy for low prices is to increase the supply, and thus make more money from the same area of land, with an equivalent increase of profit.

A Good Mouth a Good Horse.

A horse to be a good driving one, must have a good mouth, says an exchange. This causes the bit to be one of the most important parts of the harness, as it touches the most sensitive parts of the horse. The bit used, and the way it is used, causes the horse to have a good or bad mouth. A horse that cannot bear much weight on the mouth is called tender mouthed. Such ones are often made to have a good mouth by using a pleasant bit, and being driven by a careful, experienced driver. Some horses are rank pullers, made so by abuse, but when they have a kind, experienced driver they soon have confidence and give it up. Many a high mettle and spirited horse is often largely restrained by the reason and voice of the driver, which if driven by some would be called unsafe, and they would be for certain ones to drive. A kind, but nery, high spirited horse will sometimes go off on the bit so that it will take all the strength of its driver at first to control, and if the lines are not drawn up quick their heels go up and they will go off on a run. A horse in a race will often give a great burst of speed. They want then a good mouth and a strong, steady pull to keep them from breaking. One time when Ethan Allen was driven on exhibition by Holcomb, he had so much

Fired at by a Socialist.

PARIS, Aug. 14.—M. Lockroy, a former cabinet minister, was fired at yesterday by a man named Moore, a notorious socialist. Lockroy was ascending a staircase in a house where the electoral committee was sitting. Moore stopped him and demanded a loan of 10 francs. Lockroy refused to give him the money, whereupon the man fired at his breast with a revolver. Lockroy fainted. His breast had been severely bruised, but not pierced by the ball. The wounded man was taken to his home. Moore was arrested. He had lain in wait for his victim for over two hours. Lockroy had refused to identify himself with the cabmen's strike and Moore shot him in revenge.

Yellow Fever in the South.

WASHINGTON, Aug. 14.—Surgeon General Wyman of the Marine hospital service received no information today from Brunswick, Ga., regarding the yellow fever outbreak. Dr. Carter has been at Pensacola, Fla., will leave there tonight for Brunswick to direct the medical campaign. Before leaving Pensacola Dr. Carter telegraphed to Dr. Wyman, confirming the verdict of the local medical authorities in the Waite case that the victim did not die of yellow fever. As to the Woods case, however, he could not express an opinion.

confidence in Ethan that he seemed to think he need not pay any attention to the lines, and let them loose.

He started him at a fifty clip and Ethan broke, which he would not have done if there had been a few pounds pulled on the mouth. It was said Ethan never pulled more than ten pounds on the bit in his race. As a general rule a common sized joint bit is the best to drive trotters with. A horse in a break will catch quicker with such a bit than a straight one. The bit should be made as pleasant to the horse as can be, and have him safe. Many a race has been lost by the horse being vexed, irritated and maddened by an unpleasant bit.—Journal of Agriculture.

Over Manuring Grain Crops.

The fact that stable manure contains too much nitrogen and too little potash and phosphate makes it unsuitable for manuring the small grains. To furnish the mineral elements that grain crops require an overdose of manure must be given, and this makes an excessive growth of straw. If the stable manure is applied to corn and potato crops, the crops of oats, barley or wheat grown the second or third years will need only mineral elements. This is especially true of winter wheat. It is sown after more or less summer cultivation which has developed nitrogen from decaying matters in the soil.—American Cultivator.

Agricultural Notes.

The farm is a continuous experiment station.
The ground should be kept well stirred, especially after rains have formed a crust.

We are not partial to hedge fence. It requires a good deal of work to keep it in shape.
For cabbage worms use pyrethrum, hot water at a temperature of 130 degrees, or kerosene emulsion.

Just as soon as the work of any farm tool is done for the season, it should be stored away out of rain and sun.

Put gutters on the farm buildings so as to carry the water away from the building and especially from the barn-yard.

Clover, timothy and blue grass are among the grasses that give satisfaction wherever grown. They are stand-bys.

It is a mistake to suppose that orchards need no care till they begin to bear. They need the most care while young.

Keep cool-headed and maintain a perfect confidence in yourself. Terrible results follow the losing of one's head in emergencies.

Late cabbage will be benefited by a generous application of liquid manure. Without being fed in this way a good deal may not head.

The general farmer, we do not think, should grow fruit on too large a scale. Make it a part of the husbandry where it can be done with reasonable success.

There are a variety of mixtures of grass that are good, some of them much better than others for certain localities, but clover, timothy and blue grass will satisfy wherever they are grown.

Household Hints.

A dash of extract of orange in the water in the finger bowls pleasantly takes away the food smell of the hands.

Five or ten minutes spent every morning during winter in rubbing the body briskly with a flesh brush or piece of flannel over the hand will do much to keep the skin active and prevent colds.

For inflamed and sore eyes take a small basin filled with water. Drop in several red-hot cokes from the fireplace; strain off water and use as lotion, bathing the eyes with it every hour. It should be made fresh for use every day.

Washing in cold water when overheated is a frequent cause of disagreeing pimples. Hot water and a piece of flannel for a face cloth are preferable. Cologne dabbed on the little black spots after the hot water bath will tend to efface them.

To clean mahogany take one pint furniture oil, mix with one-half pint spirits of turpentine and one-half pint of vinegar; wet a woollen rag with the liquid and rub the wood the way of the grain, then polish with a piece of flannel and soft cloth.

Linen table centres, aldehyde scarfs and dollies with deep machine-made borders of drawn work are beautiful and comparatively inexpensive, and when further ornamented with simple designs in white or yellow silk embroidery are handsome enough for the most ceremonious dinner.

To flavor and make tender a joint of roast beef, and to give variety to the family table, where beef is the usual meat, eaten, nothing more is required than a large lemon cut in two pieces, squeeze all the juice upon the meat, then, after peeling the lemon, roll it up in the joint, (ribs of beef, etc.). When the lemon is used no water is required. The joint should be a fat piece of meat, to insure good gravy, the lemon acid removing the oily taste sometimes objected to.

A high heel is injurious enough for adults' wear. For children who are still growing it is even more so, and yet there are mothers who let their young daughters wear them. There are also foolish mothers who emulate the Chinese by making their children wear boots that are much too tight for them, and having them buttoned closely up the legs, thus depriving the limbs of their natural freedom. By doing this they hope to keep the feet small, but it ruins the carriage and gait.

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For inflamed and sore eyes take a small basin filled with water. Drop in several red-hot cokes from the fireplace; strain off water and use as lotion, bathing the eyes with it every hour. It should be made fresh for use every day.

Washing in cold water when overheated is a frequent cause of disagreeing pimples. Hot water and a piece of flannel for a face cloth are preferable. Cologne dabbed on the little black spots after the hot water bath will tend to efface them.

To clean mahogany take one pint furniture oil, mix with one-half pint spirits of turpentine and one-half pint of vinegar; wet a woollen rag with the liquid and rub the wood the way of the grain, then polish with a piece of flannel and soft cloth.

Linen table centres, aldehyde scarfs and dollies with deep machine-made borders of drawn work are beautiful and comparatively inexpensive, and when further ornamented with simple designs in white or yellow silk embroidery are handsome enough for the most ceremonious dinner.

To flavor and make tender a joint of roast beef, and to give variety to the family table, where beef is the usual meat, eaten, nothing more is required than a large lemon cut in two pieces, squeeze all the juice upon the meat, then, after peeling the lemon, roll it up in the joint, (ribs of beef, etc.). When the lemon is used no water is required. The joint should be a fat piece of meat, to insure good gravy, the lemon acid removing the oily taste sometimes objected to.

A high heel is injurious enough for adults' wear. For children who are still growing it is even more so, and yet there are mothers who let their young daughters wear them. There are also foolish mothers who emulate the Chinese by making their children wear boots that are much too tight for them, and having them buttoned closely up the legs, thus depriving the limbs of their natural freedom. By doing this they hope to keep the feet small, but it ruins the carriage and gait.