#### FRIENDS.

Not be that counts my errors, ot he that holds With doubting words to show me Wherein and how I lack;

Not he that sees my failings; And, seeing them, is free To take my measure by them; He's not the friend for me.

But he that learn's my virtues Tho takes me at my best; Who notes my greatest failings And overlooks the rest.

Who after I have striven And have not falled, is free With words of commendation-

He is the friend for me. He that forever warns me Of dangers in my way, Who doubts my strength to met them

And ever bids me stay.

May truly seek to shield me,

May wish me well, but he

Whose faith is inspiration— He is the friend for me. -Chicago Daily News.

## JULIA'S LETTERS.

Susan Teall Perry, in Christian In-September sunshine.

"Yes, father," replied the daughter, as the took a letter out of her apron Gernoon, when he came home from rading down at Elmville."

my glasses here. Hope they are all strength to meet it. I trust Him."

secker and said:

"It does beat all how much trouble Polis always has. How good it would of for once she would write a real stling, worrying sort of one."

daughter rejoined.

trip there and back for less than west not mind that."

Mr. Ford took the letter in his hand. he in the neighborhood and he is quite looking at life and its daily cares and to get it; and if he does, it will go duties. mrd with him, because he is so dell-Me. The little girl's eyes trouble her; a time she does have with the med help! I should think she would other do her own work than to be athered so. She doesn't seem to be herself, either, does she? What is he she says about her lungs being ak? There never was any lung emplaint on my side of the house, nor

Mr. Ford got up and went into the se. It was supper time, and his ghter followed him. He was in his part sleeves, and she got his coat and befped him to put it on. His arms were lame, as he had been cutting corn day; but he did not speak of it. He ated the usual blessing at the table added a petition that the Father in eaven would bless Julia and her famy, and keep them from sickness and gave a chuckle. ager. A wall of the father's prayers

m your mother's side."

Long after Minerva went to bed that the did she turn over and over in her satisfaction. ad the troubles and cares of her ager sister in the west. Every letwas full of them. But nothing but jumped up and said to the conductor: sery letters went from the old home her. Father's growing weakness nom age, the hard times they had in fling their farm produce at a profit, close economy she had to practice make ends meet, and the lonely rs she herself had many times, were mover mentioned in letters to Julia. Mi. ito me." uld carry her own burdens, and and to Julia's? Letters are so agproviding when they are full of the we cannot sit and talk face to with those who seem to need help us so much. It did not seem poshie that Julia would write such com letters unless she had real and before Minerva went to the had made up her mind to Aunt Sally with her father and out west and find out for herself things were going with Julia. Had be not promised the dying mother to d mother to her younger sis-

and so Minerva went, and the father d each day for a letter, that come as soon as she arrived. a it came and he read it, he gave of relief. "Julia and her folks on first rate," he said to

tly what I expected." Aun

foolish to go down the road looking for

Julia's husband had a good position. and there was no reason to think he would lose it. The scarlet fever had moved out of the neighborhood, and the little boy did not get it. His sister's eyes were better, and the doctor said there was nothing serious about the case. Julia had had a severe cold, brought on by her own imprudence, but was entirely over it, and Minerva wrote that Julia never looked so well in her life.

The father thanked God for his good ness to his child, and wondered why Julia did not appreciate her blessings and thank God for them, and stop such complainings.

After Minerva had been at her sister's a few days, a telegram came to her. Her father was very ill and wished her to come home on the first train. Aunt Sally had sent it. Julia wondered how her sister could be so calm. She "had gone all to pieces," she said, hearing such terrible news. If anything had happened to father, it must kill her, she ligencer: "Did you hear from Julia knew. She could not help her sister to boday, Minervy?" asked Mr. Ford, as get ready for the return journey. She sat down in the west porch in the annoyed and hindered her by the dreadful forebodings she kept telling.

"Could Aunt Sally have been over anxious in the matter?" she asked. But seket. "Jack Collins brought it this Minerva quietly said: "Aunt Sally is not an alarmist, Julia. She never sent that telegram unless it was a necessity "Well, let's hear it. I haven't got Whatever comes the Lord will give me

Minerva made the return journey The daughter read the letter from her and found her father very ill. Just as ester, which, as usual, was full of com- she thought, he had not remembered to hints and apprehensions of coming put on heavy clothing when the weathmasters. When she had finished, Mr. er became colder. He had been used to Pard leaned back in the old porch his daughter's quiet ways of getting the things he needed at hand for him at the proper time.

It was a long and trying illness, and when the father got about again, he mod, cheerful letter, instead of an up- knew it had been a hard pull, and he would never be as strong again. Yet metimes I'm afraid Julia is not Minerva's letters were always hopeful etting along as well as she might be. ones to her sister. She made no men-R does not seem as if she would write tion of her weariness from the long, if things were going on right. I anxious watching and waiting, neither den't know but I ought to go out there did she tell how trying the shiftless boy fall and see what the situation is," she had hired to do the farm chores was nor that the potate crop was almost a Perhaps you had, Minervy, but it failure. Why should she worry Julia with things that she could not mend? spose Aunt Sally will come and keep There is a bright side to everything, if company; but she always goes to we will only look for H. Minerva was ep in her chair when she sits down, one of the elect, of whom some one she isn't very entertaining. How- says: "The elect are those who put life ever, I guess I can stand it a couple of into one-who give courage to the fainthearted, hope out of their own con-"Yes; but, father, it costs a good deal stancy." "If I were only calm and so out to Julia's. I could not make trustful like Minerva," thought Julia, "how much easier life would be for me I would have to draw it out of the and all those who are dear to me. I ak, and that would leave me only \$50 must try and see the bright side of miterest; but if she is in trouble, I things, as Minerva does, and learn not to put burdens on other people's shoulders." Aunt Sally remarked, when looking over it, said: "It seems Julia's letters were read aloud in the that Albert has a good place in the of- family after Minerva's return home, of the iron works, but Julia says that Julia did not write such upsetting may lose it any time; and the little things as she used to, and really seemed is well now, but the scarlet fever to have learned to see a better way of

Just an Ordinary Old Coin. "Say," said the street car conductor Belie's afraid she will be blind. And to a mild-mannered man who was "Say, young feller, I don't want this quarter. I can't use it." The mild man continued to hold out his hand for the change, but paid no other attention to the conductor.

"See here!" yelled the conductor, getting red in the face, "you can't pass no quarter like that on me. It's slick. I can't take it for more than 20 cents." The mild man looked up and said: "I'm sorry, because you gave me that very quarter yourself last night, and I've been laying for you since. Well, give it here." He took the quarter and gave the conductor a nickel. As he took the quarter from the conductor he suddenly dropped his newspaper and

"Well, well," he exclaimed, "here's been about Julia's "goings in and luck. Bless me, if that isn't an 1832 ngs out" ever since she left the quarter with fourteen stars and an arrow. It's worth \$3.82." He slipped it into his pocket with evidence of much

A hungry-eyed man in the corner. who had overheard the conversation, "Isn't that the quarter I gave you

yesterday morning? I missed that quarter. It was a pocket-piece and a valuable coin. I remember now that I gave it to you! I demand it!" he said, looking fiercely at the mild man. "If you are a gentleman you will give it

"It isn't yours. You never gave it to me. My wife gave it to me by mistake; it's part of a collection that's been in the family since 1827!" yelled

the conductor. "I tell you it's mise," said the hungry eyed man. Thus they wrangled and quarreled all the way down town.

"No." said the mild man to a neighbor, as he stepped from the car. "It's only a plain, ordinary old shiny quarter that I've been trying to pass off for a week. We were all lying. It's worth about 22 cents."

Got Even with the Lawyers.

This happened is Worth county. A well to de farmer asked a lawyer friend to some day when at the court house, look at the records as to some little thing touching the title to a piece of land which the farmer was interested in. The lawyer did so and later sent in his bill of \$10 for se doing. The granger paid it because he had to. Later on the lawyer met the farmer in town and asked him to take a look at me stock which was being fed on he awyer's farm, which the farme had to past on his way home. The far-may did so and reported, and later sent the attorney a bill for \$10 for services, which the attorney paid because he

HOW THOUGH , CURES.

nciplent Disease Readily Relieved

By Action of the Mind The fact that thought may affect the growth and functions of the body is by even the most conservative and mavery interesting results.

In speaking of the effect of thought on the body I am not exploiting Christian science, faith cure or anything of rather a wide experience as a general practitioner of medicine.

In order to understand how a thought can influence the physical organs it is necessary to have some conception of what is called the subconscious mind, which is that part of the mentality that carries on such involuntary actions as the circulation of the blood. obscure functions were dependent upon the exercise of the conscious will the very necessity of drawing the breath pendous effort as to appail the bravest being purely imaginary. and most energetic of creatures. But these matters have all been simplified by a beneficent creator htrough the action of the subconscious mind. This mind, while distinct from the thought, or intellectual faculties, may, however, be affected by them, and that sympaand the mental healer.

Though these effects are generally unconscious on the part of the subject, there is no reason why this should be necessarily so, and a few simple experiments will convince almost any one that the mind may have a conscious effect on the body. One of the simplest, though one which is of no use in a practical way, is to fix the mind intenly on a certain part of the skinis not allowed to waver from the point T. W. Topham, M. D. in a few minutes the surface of the wrist will be suffused by a warm glow and an itching, burning sensation will appear. One of the most general effects of this concentration of thought on some part of the body is the restlessness which ensues and the consequent difficulty of holding the part still for any length of time. It is, therefore, easy to understand how the constant dwelling of the mind upon some slight or imaginary ill may aggravate the condition if existent of even cause it to appear if imaginary.

EVIL EFFECTS OF FEAR. A curious case of this kind came unyoung woman patient of mine consulted which had been gradually getting larger that there were few moments in the has been watched carrying a helfer of capacity of slop palls, mop bucket or day in which the fear of its developing more than two-thirds it own weight for soft water receptacle. For drinking into a malignant growth was absent two miles up the most steep and rugged from her mind. On examination I mountainside, and this without pausing had our "run" on fiber palls, and are found in her throat the purple congestor one instant for rest. The grizzly done with the "rotten" things. tion which is frequently encountered in bear is the largest and most powerful ing another physician I decided that, on the cinnamon bear, runs him very close account of her fear of cancer, it would and the big white polar bear, though be not only useless but cruel to en- not really so dangerous a customer, is lighten her as to the real condition of her throat. So we constantly referred to the swelling as a simple and common enlargement of a gland. The pa- paws a bowlder six men had with diffitient, thus reassured, ceased thinking culty put in position to guard a cache about her throat, and in a few weeks of provisions.-Boston Traveler. the swelling actually began to diminish in size, and at last completely disappeared. Hers was doubtless an exceptional case, but it goes to show that such fear-thoughts may have tangible effects on the physical plane.

growth is placed beside a young sapling increases the child will also begin to attention on its part might impress its body.

I think that the rapid growth of a child has often been augmented by the constant exclamations of its relatives and friends of: "Why, how that child is growing." Nervous children become more nervous when their attention is called to their condition by doctors' consultations with anxious parents in from St. Vitus' dance or chorea become much worse on seeing that their antics elders. Most doctors have found that a child whose parents are terrified when a case of measies or scarlet fever much more apt to contract the disease than is the little ragamufin who comes and goes when he pleases, without thought or fear of measles.

Every physician will remember th eat number of dysenteric and diarrheal cases he was called upon to treat during the cholera scare a few years ago. At that time there were about three times as many cases of that kind as are usual during the summer months and most of them were undoubtedly caused by fear alone.

MANY IMAGINARY CASES.

The cases of imaginary heart disease are innumerable. Many women whose arts are perfectly sound become posof with the fixed idea that they are

strangest part of it is that they ex hibit many of the minor symptoms of the real affection. This notion sometimes becomes a monomania, and a woman's suffering from nothing more serious than indigestion will go into a coming to be regarded as a possibility sinking spell and summon a physician, imagining herself at the point of death. cerial of scientists. The more advanced To tell such a woman that her pulse is and speculative members of the dem- fell and regular and her attack of heart cal profession have experimented on failure a figment of the imagination hat line for a number of years with would be quite useless, for she would not believe it. Hypochondria is a complaint which should receive very much more attention than it does at the hands of medical practitioners, and the wisthat kind, but am merely giving my dom of encouraging its victims in their individual opinion, which is based on delusions is a nice question of ethics and expediency.

It is very amusing to an old practitioner to receive the confidences of young medical students who fancy they have discovered in themselves symptoms of obscure and terrible diseases which they are studying. This experience is universal among medical men and has given rise to many practical the digestion of the food, etc. If these jokes, A well known medical scientist is quoted as saying that every first year's student is suffering in silent agony from four diseases, one of which in and out several times a minute dur- is heart disease, and another cancer of ing one's lifetime would be such a stu-

If people, especially woman, would realize the absolute uselessness of worrying over either real or fancled complaints the general health and happiness of the human race would be very much improved. I have known nursing mothers to worry so persistentthetic relationship is the foundation of ly over crying babes that the poor all the phenomena of the faith curist little mortals were very nearly poisoned through drawing in the impulses of fear and nervousness with every drop of the mother's milk. If those overanx-

the whole nature as fear. In one form you have "eaten onlons for supper," are buying potash. In the first eight or another it is responsible for nearly and want to go out for the evening inches there is also often a great say the inside of the wrist. If the mind all the evil which curses the world.- drink a cup of strong coffee.

#### Weights of Wild Animals.

the lock of the king of beasts best and course of a year. We find kerosene oil gen goes down and comes up, rises and know how small his lithe body really the very best thing to clean and shine falls. We are going to try from 200 to is will probably come farthest from the the zinc sink. We pour a few drops in 400 farms this summer and see if we truth. About 300 to 350 pounds is a and then rub with a cloth until it lathusual estimate. But this is below the ers, washing out immediately after in are getting up there on the hill at mark. A full grown lion will tip the a hot suds. Two or three of the latter Ithaca." scale at no less than 500 pounds. Five may be necessary. We do not, howhundred and forty pounds is the record ever, throw the water into our galvanfor an African lion. His bone is solid ized iron slop pail. Any one having

and heavy as ivory. The tiger runs the lion very close. der my observation not long ago. A A Bengal tiger killed two years ago by results. We would like any one knowan English officer scaled 520 pounds, ling a better way, than by means of hot me about a hard lump in her throat. A tiger of this size, however, has con- soap suds, to clean galvanized iron pails for experiments in potato culture. siderably more muscular strength than to tell us. We find this way satisfacfor some time. She seemed very much the biggest lion. Few people know tory save that they lose their shine troubled about it, and confessed to me that a grizzly bear weighing just 400 in time. This is a ware we like in the of all the bear tribe, but his cousin capable of performing the most extraordinary feats of strength. A polar bear has been seen to move with his

### Return of the Cradle.

When physical culture came into vague and was applied to the up-bringing of bables, the first act of the re-There is an old superstition, which formers was to discard the old-fashdoubtless originated among people who loned cradle. It was said not to be understood the principles of mental healthy for the baby to be subjected therapeutics, that if a child of stunted to the see-sawing motion of the cradle. Now, a Chicago woman physician has and a peg driven into the sapling on a come out with the idea that the baby level with the top of the child's head, needs a cradle to get a little exercise as the young tree grows and the dis. and a healthy circulation of the blood, tance between the ground and the peg She discarded the cradle for her own children, but for her grandchildren she grow. If the child really were to be. has grown wiser. She declares the come interested in the procedure and cradle is not an addler of infantile should earnestly watch the growth of brains, but only sends the necessary the sapling, I can understand how such amount of blood to all parts of the

subconscious mind with the idea of Something of this theory has made its growth so strongly that its body would way into a big babies' hospital in this respond to the impulse and actually be. city, where a doctor is arranging something in the way of a baby exerciser, and we may hear before long of the baby gymnasium, in which every day the baby will be properly exercised .-New York Herald.

### Way of the World.

An Atchison girl works so hard all day that she is cross and surly at night their presence, while the little sufferers and though an admirable girl she has few friends. Her sister, who is something of a loafer, is very popular. The attract the pitying attention of their hard-working girl is generally admired for her energy, ability and goodness, but if the neighbors have a pie to share they generally invite the loafing breaks out in the neighborhood are girl in to eat it in preference to the hard-working girl. The case has a parallel in every neighborhood, and the women who are protesting against the injustice will find their arms full of reform at the start. If they had a ple to share they would invite the best company, and not the most deserving Everybody does it. The good company to help eat it furnishes as much pleas ure as the ple, and no one can accuse the ant of being what is known as "good company."-Atchison Globe.

> Comparing America's task to Eng and's in Burmah, the Dally Mail says Pluck and doggedness will triumph in the end. No true-hearted American will raise his voice to recall the troops or to refuse reinforcements. That would

# HOUSEHOLD HINTS.

If you have no flour box in your kitchen buy an empty coffee chest, muslin a vanila bean cut up and a paint it nicely, put on castors, and stick of broken cinnamon; boil the bag there is your flour bin.

Celery leaves that are not quite nice enough for the table may be dried and cream over half a pound of sponge or powdered and used as a seasoning for almond cake sliced thin and laid in a roasts, dressings and soups.

polish with air-slacked lime. It will ounces bitter almonds that have been shine like a mirror. If any spots are blanched and pounded to a paste, with obstinate use a piece of fine sand paper, sufficient rosewater to keep them from

stop bleeding from cuts. Put on the are cold stir alternately with them the powder and wrap a soft cloth about the eggs, the almonds and half a pound of injured member. If the wound becomes powdered sugar, butter a deep dish and feverish, moisten the cloth with water. put in the mixture; have ready a star

Freshen salt pork in some milk over night. In the morning ringe it off, dip Set in a quick oven and bake well; the slices in flour and fry to a light cover with paper if it becomes too brown. Do not pour the fat over the brown. Serve cold with whipped cream meat, but serve it on a plate by itself. flavored with a little sherry .- M. C. H.

Did you know cake would be im proved ever so much if you placed HOW TO GET A BIG POTATO CROP. something in the oven while baking it to create steam? If you have cold lege of Cornell university, spoke at the beans, warm them in the oven while closing meeting the the Central New your cake is baking.

der for tinware, slacked lime, finely pow- potato culture which may be read with dered, for silverware, and baking soda profit by farmers everywhere. The rubbing with a dry cloth, gives a fine applicable. Prof. Roberts said: ious mothers could only understand bolish. Our kitchen broom is scalded "The first and most important thing that crying is one of nature's ways of every morning, and is always, when for the farmer to learn is the nature of expanding the infant's lungs their chil- not in use, hung by a screw eye screwed the soil he cultivates. The soil in this dren would stand a much better chance into the end of the handle. A broom section is full of nitrate of potash. The of becoming healthy men and women. will last twice as long when treated in average farm land contains from 12,000 Nothing so enervates and demoralizes this way, besides being cleaner. If to 40,000 pounds of potash, and yet you

> tried the combination, kerosene and galvanized iron, knows what an odor water we use granite iron. We have

### HOUSEHOLD RECIPES.

SOUTHERN BUTTERMILK RISCUIT Sift two quarts of flour, to which has been added a dessertspoonful of salt, into the tray. Chop in lard and butter in equal proportion, the size of an egg. each. To a pint of good, tart buttermilk add a level teaspoonful of cooking soda. Knead thoroughly with the hands. Mold with the hands into parts the size of a lemon. Bake quickly until a golden brown. Delicious and flaky .-Lottle B. Wyle, Atlanta, Ga.

### ROLLED JELLY CAKE.

Beat three eggs well and add one cupful of pulverized sugar, three tablespoonfuls of sweet cream, one cup sifted flour, one heaping teaspoonful of bak- well as chickens. When the fermentaing powder. Bake in a long dripping wrapping paper with pulverized sugar and place the cake on it. Spread with jelly and roll, wrapping the paper around to hold it in place .- Mrs. W. J. Milwaukee, Wis.

### FRENCH CAKES.

Take four tablespoonfuls of brown sugar, one tablespoonful of butter, one egg, one teacup of chopped nuts, a pinch of salt and black pepper. Grease and heat a long pan, mix all ingredients well and spread thinly on heated pan. It bakes in a few minutes. When done and while warm run knife lengthwise in strips. Turn pan over and when cool cakes should be crisp .-Violet, Kingston, N. Y.

### SOUR MILK DOUGHNUTS.

One cupful of sugar, two tablespoonfuls of melted lard, one pint sour milk pinch of salt, one level teaspoonful of sods, a little nutmeg if liked and flour to roll out. Do not handle more than is necessary. Cut into rounds or in lengths and twist. I like the twisted way best. Fry in plenty of boiling lard. Keep in stone jar .- Mrs. M. F. C., 32 Park street, Northampton, Mass.

### VIENNA ROLLS.

Bift two or three times one quart of four, two teaspoonfuls of baking powder and half a teaspoonful of salt. Work in one teaspoonful of butter, add one pint of milk, stirring into a dough of the usual consistency. Roll to the thickness of half an inch. Cut into circular forms and fold over once, moistening a little between the folds if necbaking pan well, and do not let the tical shaft, with fluted rollers inside the rolls touch each other. When placed thereon, moisten the tops of the rolls with the pan, the corrugations enterwith a little milk, or butter melted in

milk, and bake in a hot oven.-Sarah A Homer, Garrison, N. Y.

#### PRESIDENT'S PUDDING.

Tie closely in a small piece of thin and its contents in a quart of rich cream until the cream is highly flavored; remove the bag and pour the hot deep dish; cover the dish and let the cake dissolve in the cream; have ready To clean the nickel plate on stoves four ounces of sweet almonds, two oiling in the mortar. Beat eight eggs Powdered rosin is the best thing to very light; when the cream and cake cut from citron and several smaller ones, with which garnish the pudding.

#### CROP FACTS.

Prof. Roberts, of the agricultural col-York Farmers' club, which was held at Utica a few days since, and among Sapolio is our favorite scouring pow- other things made some remarks about for china. Rubbing nickel stove trim- general principles enunciated with refmings with kerosene and whiting, then erence to soil culture are everywhere

amount amount of nitrogen and potash. Your land is worth from \$2,000 to \$3,000 The keeping of the kitchen clean is per acre if you could only get out the not one of the insignificant tasks of nitrogen and potash and sell it to the "What does a lion weigh?" Ask that a housekeeper. Just keeping the sink potash maker. Don't be afraid of getquestion of any acquaintance and see and slop pail clean and bright means ting this out of the soil. I am a great what he will say. Those who know many an hour of hard labor during the believer in hot plowshares. The nitrocan't get those wonderful results we

Prof. Roberts said that is Great Britain had expended one dollar in investigating and preventing potato rot in Ireland for each \$1,000 put into battleships there would have been no famine in the green isle. Great Britain has this year, for the first time, made appropriation

The average crop of potatoes in the United States is 100 bushels to the acre. At Cornell they raise 340 to 360 bushels to the acre. Mills Endurance is a new and very promising variety that they planted last season. His advice was to plow deep, plow in the fall and again in the spring, plant in rows, cultivate close to the roots and roll the surface flat. Prof. Roberts said that agriculture is like religion. The preacher and the professor can point the way, but every man must work out his own salvation.

### HARD CROP.

This is a trouble that is not neculiar to any breed of fowls or liable to occur any more at one season than another. It is due to causes liable to come from certain foods and conditions, and may be averted by a close application to business. It is caused by some substance closing up the passage leading from the crop to the gizzard, usually dried grass, long hay, or old rope which may have been picked up by the fowl. Turkeys are liable to this trouble as tion of the substance sets in the fowl pan in a quick oven. Sprinkle a clean dies. The remedy requires a species of surgery, and consists of an incision made at the right place, and this will save the life of the fowl. Many do not know how to do this, however, and the Thompson, 772 Twenty-ninth street, fowl generally dies if not reliev . in some manner. This malady is not common in flocks that are well c .ed for.

### SOME LATE INVENTIONS.

Nuts are securely locked in place by new device, having the nut out on one side to receive a lever, which is pivoted in such a position that when its long end is depressed the short end bites the threads and prevents revolution of the nut.

Druggists will appreciate a new bottle forceps, formed of a single piece of wire bent into a double coll at the center, the ends being covered with rubber and curved to fit the neck of a bottle, thus preventing the spilling of acids on the

hands in filling. Gloves are made to go on the hand easier by the use of a new stretcher, which is of a similar shape to those now in use, with the exception that one finger is hollow and contains a powder which is discharged inside the glove

when the stretcher is in operation, Wagons will run much easier if fitted with a new running gear, the axle being divided at the center and rigidly fixed to each wheel, with a sleeve at ench end of the beam in which the axle revolves, the inner end being formed into a ball resting in a round

pocket. Two New Yorkers have designed a kneading machine for mixing dough, a to make them stick. Butter the pan being mounted at the end of a ver-