

SUFFERED 23 YEARS

Constant Sufferer From Chronic Catarrh Relieved by Peruna.

Mrs. J. H. Bourland, San Saba, Texas, writes: "For twenty-three years I was a constant sufferer from chronic catarrh. I had a severe misery and burning in the top of my head. There was almost a constant dropping of mucus into my throat, which caused frequent expectoration. My entire system gradually became involved, and my condition grew worse. I had an incessant cough and frequent attacks of bilious colic, from which I could not recover. My bowels also became affected, causing alarming attacks of hemorrhages. I tried many remedies, which gave only temporary relief or no relief at all. I at last tried Peruna, and in three days I was relieved of the bowel derangement. After using five bottles I was entirely cured. I most cheerfully recommend the use of Peruna to any one similarly afflicted."

Many a man who swears at a big monopoly is nourishing a little one.

Dr. Pierce's Pellets, small sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels. Do not give.

The test of whether you are educated is, can you do what you ought, when you ought, whether you want to do it or not?—Herbert Spencer.

There's Tredd's Ointment for Piles should read Dr. Wm. T. Moore's new "Practical Study of Piles," sent free by D. Hanson, Son & Co., Buffalo, N. Y.

What Was He? Mrs. Hoyle—My husband is a parasite. Mrs. Hoyle—Why didn't you marry an American?

EASTER POST CARDS FREE. Send 25 stamps for five samples of our very best Gold Embossed, Easter, Flower and Music Post Cards, beautiful colors and beautiful designs. Ask Post Card Club, 711 Jackson St., Topeka, Kan.

Rebelle. Mrs. Rieback—John, I want you to buy a new parlor suit. Mrs. Rieback—Maria, I've been agreeable enough so far to get different clothes for morning, noon, afternoon and night, but I'm concerned if I'll change 'em every time I go into a different room.

Tasted Good. "I saw John, the butler, smacking his lips just now as he went out. Had he been taking anything, Katie?" asked the mistress. "What was he doing, ma'am?" asked the pretty waiting girl. "Smacking his lips."

A Woman's Letter. Women, it is generally admitted, write better letters than men. M. Marcel Prevost has discovered the reason for this superiority. "The obvious meaning is never the one we should read into a woman's letter. There is always a veiled meaning. Women make use of a letter just as she employs a glance or a smile, in a way that is carefully thought out, and with an eye to effect. And, after all, her heart? How a woman's paranoias keep off the sun? Why, then, should a woman's letter serve to convey her real thoughts to the person addressed, just like the letters of some honest grocer, who writes, 'I send you five pounds of coffee,' because he really does send you five pounds of coffee."

HONEST CONFESSION. A Doctor's Talk on Food. There are no fairer set of men on earth than the doctors, and when they find they have been in error they are usually apt to make honest and manly admission of the fact.

A case in point is that of a practitioner, one of the good old school, who lives in Texas. His plain, unvarnished tale needs no dressing up: "I had always had an intense prejudice, which I can now see was unwarrantable and unreasonable, against all much advertised foods. Hence, I never read a line of the many 'ads' of Grape-Nuts, nor tested the food till last winter.

"While in Corpus Christi for my health, and visiting my youngest son, who has four of the riddlest, healthiest little boys I ever saw, I ate my first dish of Grape-Nuts food for supper with my little grandsons.

"I became exceedingly fond of it and have eaten a package of it every week since, and find it a delicious, refreshing and strengthening food, leaving no ill effects whatever, causing no eruptions (with which I was formerly much troubled), no sense of fullness, nausea, nor distress of stomach in any way.

"There is no other food that agrees with me so well, or sits so lightly or pleasantly upon my stomach as this does.

"I am stronger and more active since I began the use of Grape-Nuts than I have been for 16 years, and am no longer troubled with nausea and indigestion." Name given by Postum Co., Battle Creek, Mich.

Look in place for the famous little book, "The Road to Wellville."

"There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

The Kitchen Cabinet



Old mothers used to spin the flax. Our fathers used to raise. And make the garments that they wore for work and holidays.

The spinning wheel is dusty now. Nor half as stout, I ween. And coats and vests and breeches now we make 'em by machine.

Liquid Foods. Often the liquid diet must be strictly maintained in food for the invalid. A variety of liquid foods are necessary to know how to prepare to avoid monotony.

Often the person who objects to milk will take albuminized milk, or by giving it a little sparkle with Apollinaris water, it will be taken with enjoyment.

Barley water and rice water are often given to reduce a laxative condition, barley water having the preference.

Tea water is very beneficial in cases of nausea, and clam water may often be retained when other foods cannot be retained in the stomach.

Clam water and cocoa are also used to increase a secretion of mother's milk.

Outdoor water is often given to dyspeptics. It is the old-fashioned drink for a hot summer day, as it may be drunk with safety where ice water would be injurious.

The juices of fruits diluted with cold or hot water are often used in illness for a fever patient. The diluted juices are most beneficial, as they are cooling and mildly stimulating.

They are valuable, also, for the salts and acids they contain. Lemons are a fruit most commonly used, as they are always in the market.

Beef essence is given when a condensed form of food is necessary. To prepare it: Wipe a half pound of round steak cut three-fourths of an inch thick, and place it in a heated broiler. Broil three minutes over a clear fire, turning every ten seconds to prevent the escape of the juices. Put on a hot plate and cut in half-inch pieces, wash the pieces several times on each side, then squeeze with a fruit press to get all the juice, and turn into a cup set in hot water. Season with salt. Use care that the juices do not get too hot or they will congeal.

Five Good Recipes. Egg Relish.—In a skillet try out two slices of salt pork cut in cubes; in this brown a cupful of bread cut in cubes. Add an equal amount of cold potatoes cut in dice and when brown add two eggs slightly beaten. Heat slowly, stirring until the egg is cooked. This makes a nice breakfast or supper dish.

Ponchess.—This dish is much like the old-fashioned scrapple. Use a piece of pot roast uncooked, about two pounds. Grind it fine through the meat chopper, add two quarts of water and two cups of corn meal stirred in, and season with salt and pepper. Cook slowly two hours. Pour out into a long tin to cool and use cut in slices and fried brown, for breakfast.

Egg Dainty.—To half a cup of water add the thinly-pared rinds of an orange and lemon. Allow them to remain for half an hour. Squeeze the juice of an orange and lemon into a cup, fill it up with cold water, add to it a tablespoonful of gelatine and stir over the fire until quite hot, but not boiling. Remove from fire and cool, then add a well-beaten egg. Pour into a mold and turn out when set.

Concord Cream.—This is one of the most attractive of desserts, as it is, when nicely made, of a most charming color. Mix a pint of cream, a cup and a half of grape juice, a half of a cup of sugar and lemon juice to taste. The lemon juice brings out the color of the grape as well as the flavor. Freeze and serve in tall glasses garnished with whipped cream, whipped cream and chopped pistachio nuts.

Eggs, Waldorf Style.—Arrange poached eggs on buttered toast and surround with brown mushroom sauce and place a trilled mushroom cap on each egg.

A Standard Bread. As all over our country, in county and state fairs, and in contests of all kinds the women and girls are bringing the work of their hands in sewing and cooking to be judged, we need to have a larger vision and a better idea of standards. The vast majority of women cook as their mothers did before them and often that knowledge is very limited as the exhibits at the fairs will attest. Take bread for example. The most common article of food made in our

homes; hardly two women will agree as to a good loaf, so our contests are doing great work in getting the women to see a loaf of bread which in the judgment of the judge approaches the ideal. It is most important that the judge should be a qualified one, as otherwise she may have a wrong standard.

One judges bread in much the same way that grains and corn or stocks are judged.

The shapely brown loaf, weighing a pound, has a dome-shaped, well-rounded top and a rich brown crust showing that it has been well baked.

The flavor should be good, the odor sweet and nutty, with never an odor of yeast and texture even. The pores in bread should never be larger than a grain of wheat.

Very little yeast should be used. The kind is immaterial as "starter," home-made yeast, dry or compressed, all make excellent bread when well mixed. This and the kneading is the secret of fine-grained bread.

Bread should be kneaded until it feels springy and elastic under the hands; usually it takes about twenty minutes.

There is a right way to knead bread, and if it is not well kneaded the results will show it.

To knead bread use the palms of the hands without a great deal of force. After each pressure turn the dough with the left hand a quarter way round. In this way the yeast plant and gases given off are evenly distributed.

A loaf should raise until it is double its bulk, and a pound loaf should bake from forty-five to fifty-five minutes.

There are two things absolutely essential in the care of milk products, and they are both so important that it is hard to know which should come first—cleanliness and coolness.

Milk that is cleanly milked into sterilized pails and quickly cooled and kept from the contamination of germs in the air will keep sweet for a long time.

One of our enterprising dairymen sent a bottle of milk to Paris at the time of the exposition. It made the journey over and back, a trip of 28 days, and was still sweet. There was no preservative used, and the only precaution was to have the dishes and bottle perfectly sterile, cooling the milk at once and keeping it all the time at a low temperature. This seems a good while to keep milk sweet, but it shows what cleanliness and a low temperature can do with milk.

The best method for keeping milk is to keep it from the air, as many bacteria get into milk from the air.

The bacteria in warm milk are in the ideal medium for growth and reproduction. A variety of bacteria reproduce by division, and a generation of bacteria may grow in 20 minutes. As thousands of bacteria can play hide and seek through a needle's eye, one can appreciate the number contained in a drop of milk. They cannot grow in a drop of milk. They cannot grow in a drop of milk. They cannot grow in a drop of milk.

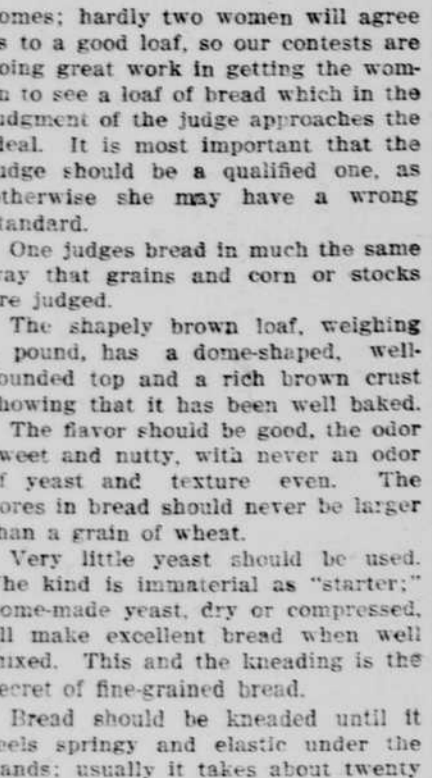
In making butter one of the most common mistakes is the keeping of the cream too long; such butter lacks the good flavor which is the most desirable quality in butter.

Another mistake often made by butter makers is over-working of butter. After churning and the butter is in lumps the size of kernels of corn, drain off the butter milk and wash the butter in good cold water to remove the butter milk before it becomes packed in a lump. It will need more washing in the butter bowl, but work it as little as possible. Overworked butter has no grain and is salve in appearance. Cut into the butter with a knife and break off a piece. If it breaks off like broken steel it is of good texture.

Teaching a Lesson. As the car swung sharply around from Shaker street not a man arose to offer his seat to the handsomely gowned woman who was clinging desperately to one of the straps. Whereupon Mrs. Kyeckers, who was sitting next to her husband, exclaimed, indignantly, "I think it is just shameful for all you men to stay seated and make that poor woman stand!" Mr. Kyeckers was not impressed. "Do you know what that woman isn't?" he asked.

ANGORA GOATS VALUABLE AS PASTURE SCAVENGERS

One Animal to Acre Will Keep Briars, Weeds and Bushes Completely Subdued on Land That Is Inclined to Grow Up in Wood.



Angora Goat and Doe.

My experience with the Angora goat for the past five years has proved that one goat to the acre will keep the briars, weeds and bushes completely subdued in land that is inclined to grow up in blackberry briars and hickory, oak, red bud, dogwood, sumac and similar growths, writes Rufus Lester of Wayne county, W. Va., in the Orange Judd Farmer. At the same time, the land will yield as much pasture for horses, cattle, hogs or sheep as it would if the goats were not on it. All kinds of stock seem to do well in the same pasture with the goats.

For the goat to be of best service the underbrush should be cut out or fire should run through the woods, so as to kill the small timber. The large timber should be grinded so as to kill it, and the goats will then keep the top of the fence and then jump up on the sprouts down until the roots of the timber die out and blue grass will sod the land. This will require about

three years.

The Angora goat is not afraid of dogs and can protect itself well against their attacks. They are fond of butting each other in play, but I never saw one attempt to fight other stock.

It requires some kind of fence to keep the goat in which he cannot stand on the top of or climb up. The best fence for Angora goats is the woven wire fence. This fence need not be over 40 or 42 inches high. The fence must be close to the ground, so they cannot crawl under. When their hair is long enough to protect them goats will often crawl through a barbed wire fence, if the wires are not very close or the posts close together with the wires well stretched. Goats will not jump over any fence, they will jump down, and then they will jump up, or they will jump up on the top of the fence and then down; but they never jump over a fence like a mule or steer.

There are three kinds of enemies that trees must be protected from. The first of these includes rabbits, mice, etc. A tall piece of heavy paper tied around the base of the young tree, or a piece of wire screening will set off this matter. The second class of enemies contains the insects, of which the scale insects are the most dangerous. The scale insect can be controlled by spraying with a lime-sulphur wash and the chewing insects by spraying with paris green. The third class of enemies consists of fungus diseases. These can be controlled by spraying with Bordeaux mixture, which is composed as follows: Four pounds copper sulphate, four pounds lime, 50 pounds water.

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Orchard and Garden Neglected. Most farms have some fruit trees on them, and on most farms there is some pretense at garden-making; but in the great majority of cases both the orchard and garden have been regarded as small affairs and given little attention.

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FRUIT TREE PLANTING POINTS

Should be Placed in Ground While Dormant in Well Drained Soil With Hole Large Enough to Spread Roots.

(By PROF. JOHN W. LLOYD, Illinois Farmers' Institute.)

1. When to plant fruit trees: While they are dormant; while the ground is in a workable condition; late in the fall after growth has stopped, or early in the spring before it has begun.

2. Where? In well-drained soil.

3. How? Dig an ample hole, spread the roots out in their natural position and pack fine earth around them. It is handy to separate the clods from the fine soil in digging.

There is always a balance between the roots and branches of a tree, so if many roots have been cut off in digging the tree from the nursery, a corresponding amount of the top must come off. If trees are planted in the fall some precaution should be made against their being heaved out of the ground by alternate freezing and thawing. This can be done by spreading a thick layer of straw or manure around the tree.

There are four essential points in the care of fruit trees. They are: 1. Site. 2. Fertilization. 3. Pruning. 4. Protection from enemies.

Pruning is just as necessary in tree raising as in corn raising, and for the same reasons: To avoid the competition of other plants, to conserve moisture and to render plant food available.

Intelligent pruning is also very necessary to raising fruit. Each bud on a tree is capable of giving rise to a branch, and if every branch is allowed to grow the tree will become too dense. We must thin out the branches in the tree tops or we will have little fruit. It takes moisture to develop an apple and sunlight to color it; so the foliage must not be too thick. Pruning is also employed to make the tree assume the desired shape. It should also distribute the large branches equidistantly, as nearly as possible. It is always best to grow a good strong branch on the southwest side of the tree, where the hot suns and strong winds come from.

In pruning, we should cut the limb in such a way that it will heal quickly. To do this the limb should always be cut as close to the body as possible, and parallel with it. A saw should be used, and the wound must be coated over with white paint or something

similar, to prevent weathering and infection from bacteria or fungus growths. Another important thing is to keep trimming off the ends of the limbs on young trees.

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FRENCH BEAN COFFEE, 1 CENT A POUND

It will grow in your own garden. Ripening here in Wisconsin in 90 days. Splendid health coffee and costing to grow about one cent a pound. A great rarity; a healthful drink.

Send us today 15 cents in stamps and we will mail you package above coffee seed with full directions and our mammoth seed and plant catalog free. Or send us 31 cents and we will add 10 packages elegant flower and unsurpassable vegetable seeds, sufficient to grow bushels of vegetables and flowers. Or make your remittance 40 cents and we add to all of above 10 packages of wonderful farin seed specialties and novelties. John A. Walzer Seed Co., 182 S. 8th St., La Crosse, Wis.

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