SUFFERED

Constant Sufferer From Chronle 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 & severe misery and burning in the top of my head. There was almost a continual dropplug of mucus intomythroat, which caused frequent expectoration. My entire sys-

tem gradually became in-

volved, and my condition crew worse. I

Mrs. J. H. Bourland. had an incereant cough and frequent

attacks of billous colic, from which it also became affected, causing alarming cannot be retained in the stomach. attacks of hemorrhages. I tried many remedies, which gave only temporary relief or no relief at all. I at last tried | er's milk. Peruna, and in three days I was reusing five bottles I was entirely cured. I most cheerfully recommend the use of may be drunk with safety where ice 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,

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

What Was He? Mrs. Hoyle-My husband is a para-

an American?

EASTER POST CARDS FREE.

Send to stomp for five samples of our ery best Gold Embossed, Easter, Flower and Motto Post Cards, beautiful colors and loosliest designs. Art Post Card Club, 721 Jackson St., Topeka, Kan.

Rebelled. Mrs. Richquick-John, I want you to

suy a new parior suit. Mr. Richquick-Maria, I've been agreeable enough so far to get different ciothes for morning, noon, aftergood and night, but I'm consarped if different room."

Tasted Good.

"I saw John, the butler, smacking he been taking anything. Katie?" aswed the mistress. What was he doin', ma'am?" asked

the pretty waiting girl. Smacking his lips."

mine, ma'am!"--Youkers Statesman.

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 niwnys a velled meaning. Woman makes 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 head? Does a woman's parasol 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 five pounds of coffee, because he

> 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 muchly 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 ruddlest, healthiest little boys I ever saw, I ate my all kinds the women and girls are be poured off and a spoonful or two of first dish of Grape-Nuts food for sup- bringing the work of their hands in ashes or soda added to dissolve or per with my little grandsons.

"I became exceedingly fond of it and have eaten a package of it every a better idea of standards. The vast like casks of wine, no two potfuls are week since, and find it a delicious, refreshing and strengthening food, leaving no ill effects whatever, causing no eructations (with which I was for the exhibits at the fairs will attest, having been grown on soil not suitmerly much troubled), no sense of Take bread for example. The most able, or the whole year may be to fullness, nauses, nor distress of stom- common article of food made in our blame as not favorable for beans, etc. sch in any way.

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

"I am stronger and more active since I began the use of Grape-Nuts than I have been for 10 years, and am no longer troubled with nausea and indigestion." Name given by Postum Co., Battle Croek, Mich.

Look in pkgs. for the famous little book, "The Road to Wellville," "There's a Resson." Exer rend the above letter? A new se appears from these to time. They se genuine, true, and full of human



standard.

are judged

minutes

than a grain of wheat.

homes; hardly two women will agree

as to a good loaf, so our contests are

doing great work in getting the wom-

en to see a loaf of bread which in the

judgment of the judge approaches the

otherwise she may have a wrong

One judges bread in much the same

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

Very little yeast should be used.

The kind is immaterial as "starter;"

home-made yeast, dry or compressed,

all make excellent bread when well

Bread should be kneaded until it

feels springy and elastic under the

hands; usually it takes about twenty

There is a right way to knead bread

To knead bread use the palms of

the hands without a great deal of

plant and gases given off are evenly

A loaf should raise until it is double

its bulk, and a pound loaf should

HERE'S a saying old and musty,

Yet it's ever new; s never trouble trouble

Till trouble troubles you.

Care of Milk, Cream and Butter.

sential in the care of milk products,

it is hard to know which should come

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

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

precaution was to have the dishes and

bottle perfectly sterile, cooling the

milk at once and keeping it all the

The best method for keeping milk

The bacteria in warm milk are in

of bacteria may grow in 20 minutes.

can appreciate the number contained

in a drop of milk. They cannot grow

and multiply if the milk is kept cool.

In making butter one of the most

common mistakes is the keeping of

the cream too long; such butter lacks

Another mistake often made by

butter makers is over-working of but-

ter. After churning and the butter is

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 salvey in

appearance. Cut into the butter with

a knife and break off a piece. If it

breaks off like broken steel it is of

Nellie Maxwell.

No two cooks quite agree on the

methods of making beans do their

best, and when after petting and coax-

ing and nursing the savory mess-

well oiled and mellowed with bacon

boiled into the heart of it-the proud

cook will ask, after dishing out a

quart or two for trial, "Well, how do

you like my beans?" as if by no pos-

sibility could they be like any other

beans cooked in the same way, but

must needs possess some special virtue

of which he alone is master, writes

John Muir in the Atlantic. Molasses.

sugar, or pepper may be used to give

sirable quality in butter.

good texture.

preservative used, and the only

first-cleanliness and coolness.

There are two things absolutely es-



And make the garments that they wore

Nor half as stout, I ween, we 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 albumenized milk, or by giving it a little sparkle with Apollinaris water, it will be taken with enfoyment.

Barley water and rice water are often given to reduce a laxative condi- mixed. This and the kneading is the tion, barley water having the pref. secret of fine-grained bread.

Toast water is very beneficial in cases of nausea, and clam water may seemed I could not recover. My bowels often be retained when other foods Clam water and cocoa are also and if it is not well kneaded the reused to increase a secretion of moth- sults will show it.

Oatmeal water is often given to lieved of the bowel derangement. After dyspeptics. It is the old-fashioned force. After each pressure turn the drink for a hot summer day, as it dough with the left hand a quarter way round. In this way the yeast

water would be injurious. The juices of fruits diluted with distributed. cold or hot water are often used in illness for a fever patient. The diluted juices are most beneficial, as they bake from forty-five to fifty-five minare cooling and mildly stimulating, utes. They are valuable, also, for the salts easy to take as condy, regulate and invigent They are variable, also, for the saids state storage, liver and bowels. Do not and acids they contain. Lemons are a fruit most commonly used, as they are always in the market.

Heef 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 There of Track's Ointment for Piles should read Dr. Wm. T. Merrs' new Practical Study of Piles, sent free by D. Ranson, Son & Co., Buffalo, N. Y. Put on a hot plate and cut in halfand they are both so important that inch pieces, gash the pieces several times on each side, then squeeze with a fruit press to get all the juice, Mrs. Doyle-Why didn't you marry 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



ve Good Recipes.

time at a low temperature. This Egg Relish.—In a skillet try out two seems a good while to keep mitk I'll change 'em every time I go into a slices of salt pork cut in cubes; in sweet, but it shows what cleanliness this brown a cupful of bread cut in and a low temperature can do with cubes. Add an equal amount of cold milk. potatoes cut in dice and when brown is to keep it from the air, as many add two eggs slightly beaten. Heat his lips just now as he went out. Had slowly, stirring until the egg is cooked. bacteria get into milk from the air. This makes a nice breakfast or supthe ideal medium for growth and reper dish. production. A variety of bacteria re-

Ponhoss.-This dish is much like the old-fashioned scrapple. Use a produce by division, and a generation piece of pot roast uncooked about Sure, he'd just been smacking two pounds. Grind it fine through the As thousands of bacteria can play hide meat chopper, add two quarts of water and seek through a needle's eye, one 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 or. the good flavor which is the most deange 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 in lumps the size of kernels of corn, 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 honest grocer, who writes, I send you most attractive of desserts, as it is, when nicely made, of a most charming really does send you five pounds of 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 fuice brings out the color of the grape as well as the flavor. Freeze and serve in tall glasses garnished with sweetened whipped

cream and chopped pistachio nuts. Eggs. Waldorf Style .- Arrange posched eggs on buttered toast and surround with brown mushroom sauce and place a broiled mushroom cap on



A Standard Bread. As all over our country, in county and state fairs, and in contests of desired flavors; or the first water may sewing and cookery to be judged, soften the skins more fully, according we need to have a larger vision and to various tastes and notions. But, majority of women cook as their exactly alike to every palate. Some mothers did before them and often are supposed to be spoiled by the that knowledge is very limited as moon, by some unlucky day, the beans

Teaching a Lesson.

from Shaker street not a man arose

to offer his seat to the handsomely

gowned woman who was clinging des-

perately to one of the straps. Where-

upon Mrs. Kyckers, who was sitting

next to her husband, exclaimed, in-

dignantly, "I think it is just shameful

for all you men to stay seated and

Mr. Kyckers was not impressed.

"Do you know who that woman is?"

make that poor woman stand!"

As the car swung sharply around

"No," his wife retorted, "I don't know who she is; and it doesn't make any difference who she is; she's a woman, and ought to be treated with

Mr. Kyckers spoke patiently, "My dear," he said, "she is the wife of the trolley company's president."

Modified. "She is not what you would call a real bridge whist fiend." "No; not a real bridge whist fiend.

She stops for meals."

ANGORA GOATS VALUABLE AS PASTURE SCAVENGERS

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



Angora Goat and Does.

My experience with the Angora | three years. goat for the past five years has The Angora goat is not afraid on proved that one goat to the acre will dogs and can protect itself well against keep the briars, weeds and bushes com- their attacks. They are fond of butpletely subdued in land that is in- ting each other in play, but I never clined to grow up in blackberry briars saw one attempt to fight other stock. and hickory, oak, red bud, dogwood, It requires some kind of fence to sumac and similar growths, writes Ru- keep the goat in which he cannot us Lester of Wayne county W. Va., stand on the top of or climb up. The in the Orange Judd Farmer. At the best fence for Angora goats is the same time, the land will yield as much woven wire fence. This fence need pasture for horses, cattle, hogs or not be over 40 or 42 inches high. The sheep as it would if the goats were not fence must be close to the ground, so on it. All kinds of stock seem to do they cannot crawl under. When their well in the same pasture with the hair is long enough to protect them

goats will often crawl through a For the goat to be of best service barbed wire fence, if the wires are not the underbrush should be cut out or very close or the posts close together fire should run through the woods, so with the wires well stretched. Goats as to kill the small timber. The large will not jump over any fence, they timber should be girdled so as to kill want to climb up, and then they will it, and the goats will then keep the jump down, or they will jump up on sprouts down until the roots of the top of the fence and then down; but timber die out and blue grass will sod they never jump over a fence like a the land. This will require about mule or steer.

With Hole Large Enough

to Spread Roots.

FRUIT TREE

similar, to prevent weathering and infection from bacteria or fungus

Should be Placed in Ground While Dormant in Well Drained Soil 1. When to plant fruit trees: While early in the spring before it has be-

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 water.

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 coresponding amount of the top must all some precaution should be made gainst their being heaved out of the round by alternate freezing and thaw-

ng. This can be done by spreading thick layer of straw or manure There are four essential points in he care of fruit trees. They are: 1.

illage. 2. Fertilization. 3. Pruning. Protection from enemies. Tillage is just as necessary in tree mising as in corn raising, and for the nme reasons: To avoid the competiion of other plants, to conserve moisure and to render plant food avail-

essary to raising fruit. Each bud on chard and garden have been regarded a tree is capable of giving rise to a as small affairs and given little attenbranch, and if every branch is allowed tion. 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 ers in proportion to the hens. This is apple and sunlight to color it: so the a prime cause of infertility in eggs. foliage must not be too thick. Pruning An over-fertilized egg is often yolkis also employed to make the tree as- less, and is always infertile. One cock sume the desired shape. It should to ten to fifteen hens is sufficient for also distribute the large branches equi- best results. distantly, as nearly as possible. It is always best to grow a good strong branch on the southwest side of the

winds come from. To do this the limb should always be small peaches. 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 the fertility of eggs.

PLANTING POINTS growths. Another important thing is to keep trimming off the ends of the limbs on young trees.

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-(By PROF. JOHN W. LLOYD, Illinois the this matter. The second class of enemies contains the insects, of which they are dormant; while the ground is the scale insects are the most dangerin a workable condition; late in the ous. The scale insect can be controlled fail after growth has stopped, or 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

Best Lubricant for Machinery. Where the pressure is heavy the lubricant should be thick in order to resist being squeezed out under the ome off, if trees are planted in the load. For light pressures oil should be used. Thus for a wagon beavy grease is best, while for a cream separator of high speed a thin oil is necessary in order that its viscosity will not add to the friction. Solid substances in a finely divided state. such as graphite, are often used offectively to reduce friction. This is regarded as a good practice in handling the bearings of a windmill, which

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 Intelligent pruning is also very nec. great majority of cases both the or-

Too Many Roosters.

Peaches on Grape Vines. It is reported that near Greensburg. tree, where the hot suns and strong Ind., a large grape vine in some manner became inoculated with a seeding In pruning, we should cut the limb or shoot from a peach tree and last

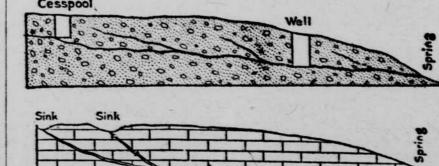
> Egg Fertility. Diet has an important effect upon

can only be looked after occasionally.

Most farmers keep too many roost-

in such a way that it will heal quickly. season grew a half dozen well-formed

UNSUSPECTED WATER DANGERS



The diagrams show the possibility of wells and springs being polluted by material conducted through tubular water passages in clay soils or even through limestone rocks.

Grass Lands in Grain.

found grass land plowed is under bet-Humus making crops are such ter conditions of moisture and freer grasses as timothy, clover, blue grass, from weeds than land that has grown broom grass and alfalfa. It has been grain continuously.

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but bad to be tied to.

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Sleeding or Protroding Piles in 6 to 14 days. Soc

Modesty is to merit as shades to figures in a picture; giving it strength and beauty.-Bruyere.

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gree is what the world calls wisdom. -Coleridge. Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflamma

tion, allays pain, cures wind colic, 25c a bottle. People seldom improve when they have no model but themselves to copy after.-Goldsmith.

Lewis' Single Binder eigar is never doped—only tobacco in its natural state.

The reward of a thing well done is to have done it .- Emerson.

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through countless generations, remedies are needed to
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acquired weaknesses. To reach the seat of stomach
weakness and consequent digestive troubles, there is
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