

## BLOOD WILL TELL

A THEORY SUPPORTED BY FRESH, CONCLUSIVE EVIDENCE.

A Recent Instance Proves That a Woman's Happiness is Largely Dependent on the State of Her Blood.

When the blood is disordered every organ of the body is affected unfavorably and fails to discharge its functions properly. In the case of every woman nature has made special provision for a periodical purification of the blood, and so long as this occurs her health and spirits unflinchingly reveal the beneficial results. So slight a cause as a cold or a nervous shock may produce a suppression of this vital function, and until it is restored she is doomed to misery. The remedy that has proved most prompt and effective in all disorders peculiar to the female sex is that which brought such great relief to Miss Mattie Griggs, of No. 807 Indiana street, Lawrence, Kansas, concerning which she speaks as follows:

"In the winter of 1902, from some unknown cause, there was a cessation of functions peculiar to my sex for a period of four months. I became very weak and could not get up stairs without help. I had nausea and pain and a constant headache. I was under the care of a physician for three months, but he did not succeed in curing me. Then a lady friend told me about the merits of Dr. Williams' Pink Pills which she had used in her family, and she induced me to try them. It was in May when I first began to use them, and in June I had fully recovered my health, and have since remained perfectly well."

In all cases of delayed development of young girls; in anemia or weakness due to impoverished blood and showing itself in pallor, lack of ambition, despondency and nervousness; also in the great constitutional disturbances attending the period known as the change of life, Dr. Williams' Pink Pills are invaluable for women, whose health is always closely dependent on the state of the blood. They are sold by all druggists. A booklet of valuable information relating to the care of a woman's health at all important periods, and entitled "Plain Talks to Women," will be sent free in a sealed envelope to any one who chooses to write for it to the Dr. Williams Medicine Company, Schenectady, N. Y.

If a girl wants to be kissed a young man doesn't have to waste much time looking for an opportunity.

### Insist on Getting It.

Some grocers say they don't keep DeLancey Starch because they have a stock in hand of 12 oz. brands, which they know cannot be sold to a customer who has once used the 16 oz. pkg. DeLancey Starch for same money.

### Could Not Be Bribed.

A good story is told of A. C. MacLaren, a well known cricket player. He was playing a picnic match "up country" in Australia when one of the batsmen skied a ball very high between the wickets. MacLaren was waiting for the catch, but the striker in running past cried, "Oh, Archie, drop it, do, and I'll allow you to kiss my sister." MacLaren, it is added, was proof against the attempted bribery.

### Home for Aged Animals.

A wealthy Frenchman receives in his park near Paris aged animals and birds. The oldest inmate is a mule of seventy-three, whose affectionate companion in retirement is a goose of thirty-seven. Among the other inmates is a cow, aged thirty-six, a hog of twenty-seven, a bullfinch which has reached the ripe age of twenty-eight, and a sparrow that stepped from the egg in 1869.

### Not the Man—The Son.

When a man has to support his grown-up son, his mother says he has an artistic temperament.—New York Press.

### Six Doctors Failed.

South Bend, Ind., Oct. 24 (Special)—After suffering from Kidney Disease for three years; after taking treatment from six different doctors without getting relief, Mr. J. O. Laudeman of this place found not only relief but a speedy and complete cure in Dodd's Kidney Pills. Speaking of his cure Mr. Laudeman says:

"Yes, I suffered from Kidney Trouble for three years and tried six doctors to no good. Then I took just two boxes of Dodd's Kidney Pills, but they not only cured my kidneys, but gave me better health in general. Of course I recommended Dodd's Kidney Pills to others and I know a number now who are using them with good results."

Mr. Laudeman's case is not an exception. Thousands give similar experiences. For there never yet was a case of Kidney Trouble from Backache to Bright's Disease that Dodd's Kidney Pills could not cure. They are the only remedy that ever cured Bright's disease.

If husbands and wives were always sweethearts there would be no longings for another and better world.

### What Men Desire.

If the man who represented the majority of men were asked what he most liked in women his answer would be: Give me beauty, all beauty, to walk and to frivel with; sympathy, all sympathy, to talk and to live with!"—Chic.

### Tourists Enrich Greece.

It is estimated that about 4,500 travelers from the United States have visited Greece during each of the last four years, and have annually left about \$15,000,000 in the kingdom.

## HORTICULTURE



### Covering Strawberry Beds.

Material should be laid aside for the covering of the strawberry bed, which work should be accomplished as soon as the ground is frozen hard enough to hold a wagon. Caution should be used against covering too early. Some seem to have the impression that strawberries are covered to protect them from the cold. This is not the case; for it must be patent to every one that six inches of straw or cornstalks will not keep out very much cold. If a thermometer were placed above the straw and below it on a winter day the two would be found to register about or exactly the same. The covering is put on to keep out the heat in late fall and winter when the plants are not covered with snow. The freezing and thawing of the ground is the thing to be guarded against.

If the covering is put on too early the plants may be smothered and killed, for growth is still going on and evaporation is taking place from the leaves. While this is the case, covering would kill the leaves in some cases and in others would encourage the growing on them of mildews. When the leaves are frozen later on is the time to cover. Then all growth is arrested and the covering cannot smother them. For the same reason the straw must be removed quite early in the spring before growth has set in.

It is not desirable to use for covering any kind of material that packs very closely. The keeping out of the air is not desirable, but the protection of the ground from the direct rays of the sun. Coarse straw held down by boards is good, and corn stalks are also used. Sometimes it may be found advisable to use a little straw below and cornstalks above, the latter holding the straw from blowing.

As to the advisability of covering there is a dispute, but it is doubtless true that the man that covers his strawberries is sure of a crop of berries the coming year; while the man that does not cover is not sure of one. We know of people in the latitude of Northern Illinois who never cover their vines at all and usually get fair crops, but we also know that on occasional years their beds in the spring are very sickly looking and the resultant crop is small.

Further north in the latitude of Wisconsin, there can be no question of the advisability of covering if a crop is to be expected every year. The oldest growers there declare that they would not try to grow strawberries without covering. In fact, a good many people in past years gave up strawberry growing there because they so frequently lost their beds in winter. But since covering has become general the result has been far otherwise.

As we go south the need for covering decreases but the practice in each locality will have to depend on experience. The locality that has for a long time grown strawberries without winter protection will continue to grow them that way. But there are always localities where the vines are not covered but should be. It is some work to do the covering, and for this reason the growers are likely to take the risk of not covering if that risk is not too great. Where protection is needed it pays to cover.

### The Maturity of the Apple.

Some of our horticulturists are making a difference between the mature apple and the ripe apple, though the general public recognizes no such distinction. We will let our horticultural friends have their way, however. The apple is mature when it has attained its full growth. It is not ripe till it has become mellow with the operations of sunlight, heat and time. The mature apple is in the best shape for picking. If it is left on the tree till it is fully ripe it will be a short keeper, while if it is picked at the time of maturity it will keep for a long time even under usual farm conditions. As different varieties of apples mature at different times it will easily be seen that the mixed orchard is a hard one to keep track of. The old way of harvesting was to begin to pick the apples on a certain date and then take all as they came, the long keepers and the short keepers, the mature apples and the immature apples.

The mature apple is a thing we have to get acquainted with if, we are to know when it is mature. If it is a Ben Davis, it is mature very late, so late indeed that in the vicinity of Wisconsin it generally has to be picked before it is mature. This is the reason the Ben Davis has lost its reputation with many people. Having been picked before it was mature it could not follow out the usual processes of ripening, and was always a hard poor flavored apple. In regions where it has had time to mature before being picked it develops into a fruit of good flavor and texture, ripening naturally.

It takes a study of fruits to know when each one matures, and this is a subject that has up to the present time received little attention. Men have grown apples of certain varieties for a long time and have never given the question any consideration. The maturity of the apple is at last coming in for its share of discussion, and the light is beginning to shine in a dark place.

The peach rots very quickly, and where it is to be refrigerated at all should be refrigerated within a few hours from the time it is picked.



## FARM MISCELLANY

### Sorting Market Poultry.

The farmer must learn to do his own sorting and not leave it to the commission man. The commission man would as soon the farmer did not sort for then he will have a chance to take some off the price of the fowls, unless he is strictly honest. If he is honest he is likely to sell the fowls as he gets them, for he knows that he will not get pay for sorting the poultry and repacking it. That a good deal of repacking by the commission men is done on the quiet is to be supposed, as they have every inducement and the power. A man that does that may well justify himself selling the repacked fowls at a good price and returning to the owner the price he would have received for the mixed up lot. This sort of a justification cannot be used when he receives the fowls from the farmer perfectly sorted and packed.

Even culls look best when arranged together nearly of a size and of equal plumpness. Half fat birds do not show off so badly when packed with half fat birds as when packed with birds that are all plump. The same condition and the same size should be placed in one lot. If it takes smaller boxes and more of them to contain the assortment, the extra cost should be more than offset by the better price obtained.

### Poultry and Orchards.

It is frequently asserted that orcharding and poultry raising go together. This perhaps is true on a small scale, but we can hardly conceive of a great commercial orchard comprising hundreds of acres of land being made also a poultry range. In such a case the combination would be overdone, as the shade from the trees, being constant, would militate against the health of the fowls. On a small scale the combination is a happy one. The bugs and worms are eaten by the fowls and the grass forms a handy adjunct to the feeding operations. The grass is not wanted anyway in the orchard and if the poultry can keep it down so much the better. It will then not be necessary to even run the weeder over the ground to keep the weeds from becoming a nuisance.

The plum orchard is a very good kind of orchard in which to keep poultry, as the limbs of the trees do not shut off too much sun from the birds. We have seen poultry yards of small size, in each one of which was a single plum tree growing and thriving. There is no reason why trees in such locations should not prove to be very fruitful. They are certainly sure of not becoming grass-brown.

### A Cheap Buttermaker.

At one place that I called last summer the creamery had but four months before passed into the hands of the farmers. They had asked various creamerymen for advice and were told that the most important thing to do was to hire a first class buttermaker and not allow a few dollars in wages to stand in the way. They, however, were of the opinion that a good enough man could be obtained for \$35 or \$40 and got a young man for the latter figure. In four months they lost nearly \$400 on the butter and the day I got there he had left them after washing up and when I got there about 7 o'clock in the evening the cream was at a temperature of 70 and had 5 1/2 degrees of acidity, plenty ripe enough to churn. There was no water in the glass on the boiler and no water in the tank and the pump was broken and the churn which was a new one was in a very bad condition. I got some ice and cooled the cream down and stayed two days breaking in a new man, who I am pleased to say has been having good success, some of the credit for which may be due to his wife, who works in the creamery with him.—Prof. J. G. Moore.

### Preparing Potting Soil.

On every farm it happens in the spring that the farmer wants a supply of rich dirt filled with vegetable matter and that will cause the tender seedlings to push forward with the greatest possible speed. This dirt is called potting dirt, but it is used also in the hotbeds. To have it ready for use in the spring its preparation must begin in the fall long before the ground is frozen. Sod and manure are the elements out of which good potting soil is compounded. If the sod is clay sod a good deal of sand will also have to be added to it in the spring. At this time, however, the sod and manure may be mixed. A layer of sod and a layer of manure piled up to any height to rot is the foundation. In applying the sand it must be remembered that a good compost of this kind requires in its finality at least three times as much sand as clay.

### Making Market Butter.

The churn should always be scalded and cooled before being used. If this is neglected once the churn is damaged beyond repair. The temperature used in churning should be such that the butter comes in about three quarters of an hour. The churn should be stopped while the granules are still quite small. A few small particles of butter may be lost in the buttermilk, but with fine butter granules it is possible to hold 2 per cent more moisture in the butter in a very finely divided condition, giving the butter a much drier appearance. In washing butter a quantity of water equal to

the buttermilk removed should be used. The temperature of the wash water should be such as will leave the butter neither too hard nor too soft for working. Butter should be salted in the churn whether the combined churn is in use or not. An easily soluble salt, not too fine grained should be used. It should be so applied as to be thoroughly mixed through the butter with the minimum amount of working. From three-quarters to one and one-half ounces will be required according to the condition and amount of moisture in butter and the demands of the market. After being salted and worked lightly the butter should stand until the salt has dissolved when it should be reworked and packed or printed.

Packages should be prepared by steaming and soaking in brine containing 1 per cent of formalin. Liners should be of the best quality of parchment and should be soaked in the same solution. The finish should be neat and the packages clean.—J. W. Hart.

### Electroculture.

Electroculture is a somewhat new word in our agriculture. It means the science of making plants grow by the help of electricity. Little experimentation has been done in this line on the American continent, except by growing plants in the glare of electric lights. But in Europe the matter is receiving a good deal of attention, the electricity being applied there directly to the plants in various ways. In France pamphlets are being published on the results.

Under the intensive agriculture followed near the great capitals of Europe the acceleration of growth means a great deal. Some of the land under glass near Paris rents for two thousand francs per acre per year. It is evident that it is a very important matter to be able to increase the production of a crop a little. In the United States it is at present different, and we are not yet driven to applying electricity to the growing of farm crops.

The results obtained in Europe are interesting though not extraordinary. Many plants grew more rapidly when the soil was supplied with electricity and in some cases the seed germinated much more quickly. Thus peas sown in ground that was supplied artificially with electricity germinated in two and a half days, while without being supplied with electricity they germinated in four days. It was found that an induction current caused the most rapid growth of the plant, while with the continuous current the yield was larger. So one kind of a current would be needed for lettuce and another for peas.

The French scientists do not find it difficult to get very good results, but say that they are unable to overcome the obstacle in the way in the cost of electricity. Therefore electroculture is as yet not a practical science. The question of profit cannot be yet considered, that depending on a greatly reduced cost of making electricity.

### Health of Hogs.

In the breeding of swine the first thought should be of the health of the herd. Little use is it to build an expensive plant for the care of the hogs and to purchase expensive animals to go with the plant unless extraordinary precautions are to be taken to keep diseases away. We have more to contend with in this line than in the raising of any other kind of stock for there is no other class of farm stock that is susceptible, at least in this country, to such a fatal malady as hog cholera. The keeping of the swine healthy is a matter of details, and many men seem absolutely unable to master the details of a business. The man that aims to keep his swine in a healthy condition must expect to keep their quarters clean, both in the houses and the yards. He must watch not only his own herd, but the herds of his neighbors. As soon as cholera appears in his neighborhood he must establish a rigid quarantine, not only against his neighbors hogs but against their cats, dogs, rats, mice, hens, chickens and even visitors. A man must be hard-hearted at such a time and too much tenderness has resulted in many a man losing his hogs by the dread disease. Many neighbors will perhaps be offended if they are not allowed to come from disease-infested herds to visit and examine the hogs that have not yet become affected. But there is no other way but to prevent such visitations.

### How One Thing Changes Many.

A recent writer on Argentine agriculture says that were it not for alfalfa Argentina would occupy an unimportant place in the list of beef producing nations, at least so far as export beef is concerned. The people of the United States supposed that they had gained control of the English market and could hold it for all time. But along came the alfalfa plant and the South American was at once able to send beef to Europe to compete with American beef. One little thing like that changes the course of commerce, even of agricultural commerce. Up to the present time nations have been so careless of each other that one hardly cared to inquire what the other was doing. But the nation that finds a sharp competition arising where there was no competition before is forced to inquire what the changed conditions are that make it possible. We must henceforth compete with alfalfa in Argentina. That is the real fact. The beef is merely the way of marketing the alfalfa. But as a result of that one thing entering into the problem we may have to change our methods in several ways.

The ranges of the West are being continually overstocked, and this overstocking is well-nigh universal.

Note—The following article has been widely published and is one of the most remarkable illustrations of the value of careful marshalling and analysis of facts in presenting a subject to the public.

### LEVELERS.

The Mission of Whisky, Tobacco and Coffee.

The Creator made all things, we believe.

If so, He must have made these. We know what He made food and water for, and air and sunshine, but why Whisky, Tobacco and Coffee?

They are here sure enough and each performing its work. There must be some great plan behind it all; the thoughtful man seeks to understand something of that plan and thereby to judge these articles for their true worth.

Let us not say "bad" or "good" without taking testimony. There are times and conditions when it certainly seems to the casual observer that these stimulant narcotics are real blessings.

Right there is the ambush that conceals a "killing" enemy.

One can slip into the habit of either whisky, tobacco or coffee easy enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances when the narcotic effect of these poisons is for the moment beneficial, but the fearful argument against them is that seldom ever does one find a steady user of either whisky, coffee or tobacco free from disease of some kind.

Certainly powerful elements in their effect on the human race.

It is a matter of daily history, testified to by literally millions of people, that Whisky, Tobacco and Coffee are smiling, promising, beguiling friends on the start, but always false as hell itself in the end. Once they get firm hold enough to show their strength, they insist upon governing and drive the victim steadily towards ill health in some form; if permitted to continue to rule, they will not let up until physical and mental ruin sets in.

A man under that spell (and "under the spell" is correct) of any one of these drugs frequently assures himself and his friends, "Why, I can leave off any time I want to. I did quit for a week just to show I could." It is a sure mark of the slave when one gets to that stage. He wiggled through a week, fighting every day to break the spell, was finally whipped, and began his slavery all over again.

The slave (Coffee slave as well as Tobacco and Whisky) daily reviews his condition, sees perfectly plain the steady encroachments of disease, how the nerves get weaker day by day and demand the drug that seems to smile and offer relief for a few minutes and then leave the diseased condition plainer to view than ever and growing worse. Many times the Coffee slave realizes that he is between two fires. He feels bad if he leaves off and a little worse if he drinks and allows the effect to wear off.

So it goes on from day to day. Every night the struggling victim promises himself that he will break the habit and next day when he feels a little bad (as he is quite sure to), breaks, not the habit, but his own resolution. It is nearly always a tough fight, with disaster ahead sure if the habit wins.

There have been hundreds of thousands of people driven to their graves through disease brought on by coffee drinking alone, and it is quite certain that more human misery is caused by coffee and tobacco than by whisky, for the two first are more widely used, and more hidden and insidious in the effect on nerves, heart and other vital organs, and are thus unsuspected until much of the dangerous work is done.

Now, Reader, what is your opinion as to the real use the Creator has for these things? Take a look at the question from this point of view.

There is a law of Nature and of Nature's God that things slowly evolve from lower planes to higher, a sturdy, steady and dignified advance toward more perfect things in both the Physical and Spiritual world. The ponderous tread of evolutionary development is fixed by the Infinite and will not be quickened out of natural law by any of man's methods.

Therefore we see many illustrations showing how nature checks too rapid advance. Illinois raises phenomenal crops of corn for two or three years. If she continued to do so every year her farmers would advance in wealth far beyond those of other sections or countries. So Nature interposes a barrier every three or four years and brings on a "bad year."

Here we see the leveling influence at work.

A man is prosperous in his business for a number of years and grows rich. Then Nature sets the "leveling influence" at work on him. Some of his investments lose, he becomes luxurious and lazy. Perhaps it is whisky, tobacco, coffee, women, gambling or some other form. The intent and purpose is to level him—keep him from evolving too far ahead of the masses.

A nation becomes prosperous and great like ancient Rome. If no leveling influence set in she would dominate the world perhaps for all time. But Dame Nature sets her army of "levelers" at work—luxury, overeating and drinking, licentiousness, waste and extravagance, indulgences of all kinds—then comes the wreck. Sure, Sure, Sure.

The law of the unit is the law of the mass. Man goes through the same process. Weakness (in childhood), gradual growth of strength, energy, thrift, probity, prosperity, wealth, comfort, ease, relaxation, self-indulgence, luxury, idleness, waste, debauchery,

disease, and the wreck follows. The "levelers" are in the bushes along the pathway of every successful man and woman, and they bag the majority.

Only now and then can a man stand out against these "levelers" and hold his fortune, fame and health to the end.

So the Creator has use for Whisky, Tobacco and Coffee to level down the successful ones and those who show signs of being successful, and keep them back in the race, so that the great "field" (the masses) may not be left too far behind.

And yet we must admit that same all-wise Creator has placed it in the power of man to stand upright, clothed in the armor of a clean-cut, steady mind, and say unto himself, "I decline to exchange my birthright for a mess of pottage."

"I will not deaden my senses, weaken my grip on affairs and keep myself cheap, common and behind in fortune and fame by drugging with whisky, tobacco or coffee. Life is too short. It is hard enough to win the good things without any sort of handicap, so a man is certainly a 'fool trader' when he trades strength, health, money and the good things that come with power for the half-asleep condition of the 'drugged,' with the certainty of sickness and disease ahead."

It is a matter each individual must decide for himself. He can be a leader and semi-god if he will, or he can go along through life a drugged clown, a cheap "hewer of wood or carrier of water."

Certain it is that while the Great Father of us all does not seem to "mind" if some of his children are foolish and stupid, he seems to select others (perhaps those he intends for some special work) and allows them to be threshed and castigated most fearfully by these "levelers."

If a man tries flirting with these levelers a while, and gets a few slaps as a hint, he had better take the hint, or a good solid blow will follow.

When a man tries to live upright, clean, thrifty, sober and undrugged, manifesting as near as he knows what the Creator intends he should, happiness, health and peace seem to come to him. Does it pay?

This article was written to set people thinking, to rouse the "God within," for every highly-organized man and woman has times when they feel a something calling from within for them to press to the front and "be about the Father's business." Don't mistake it; the spark of the Infinite is there and it pays in every way—health, happiness, peace and even worldly prosperity—to break off the habits and strip clean for the work cut out for us.

It has been the business of the writer to provide a practical and easy way for people to break away from the coffee habit and be assured of a return to health and all of the good things that brings, provided the abuse has not gone too far, and even then the cases where the body has been rebuilt on a basis of strength and health run into the thousands.

It is an easy and comfortable step to stop coffee instantly by having well-made Postum Food Coffee served rich and hot with good cream, for the color and flavor is there, but none of the caffeine or other nerve-destroying elements of ordinary coffee.

On the contrary, the most powerful rebuilding elements furnished by Nature are in Postum and they quickly set about repairing the damage. Seldom is it more than two days after the change is made before the old stomach or bowel troubles or complaints of kidneys, heart, head or nerves show unmistakable evidence of getting better, and ten days' time changes things wonderfully.

Literally millions of brain-working Americans to-day use Postum, having found the value and common sense in the charge.

C. W. POST.

### Generous Deed of Elks.

Through the generosity of the Bridgeport lodge of Elks, Peter Markoon of Wallingford, Conn., will profit by the unfortunate accident which he met with while witnessing the Elks' banner raising. A runaway horse ran him down and dislocated his collar bone.

The bone was not fractured as at first reported. Markoon was here looking for work, and when the Elks heard that he had a wife and family dependent upon him for support they sent a committee out to investigate.

Markoon, as a result, was sent back to Wallingford to-day, after the Bridgeport lodge of Elks had paid his medical expenses, secured his ticket, given him money for incidental expenses, and told him to calculate upon \$8 per week for the next four weeks.

The Elks went further. They notified the Wallingford lodge to take care of Markoon and help him to get employment. Markoon is not a member of the order, never was, and the Elks were not in any way liable for the accident.—Boston Globe.

### The Eternal Feminine.

He—Will you—O, will you be mine forever?

She—Mercy, no! I just accepted Cholly Saphedde last night.

He—What! Has all your encouragement to me meant nothing of affection?

She—Oh, I assure you it has meant a good deal. In fact, I don't know how I'd have managed without you. You see, until you came along and I began to be so nice to you, Cholly didn't seem to have any serious intentions at all.—Baltimore American.

### This One of the Years.

Johnny—Pa, when was the year of the big wind?

Father—Any year when there was an election.