

Goat's Milk is Healthful.
The milk of the goat has of late been the subject of much investigation and the highest medical authorities are unanimous in declaring it to be the most wholesome and desirable milk obtained from animals for human consumption. To begin with, the goat is extremely unsuceptible to, and, indeed, practically immune from tuberculosis. It contracts this dread disease only in conditions which can hardly come about in the ordinary course of things. Next, goat's milk is more nearly allied than any other to human milk not only in its composition but also in its peculiar fermentative properties—an important point. It has been established beyond refutation that infants deprived of their mother's milk thrive upon goat's milk much better than on that of any other animal.—The Circle.

TIRED BACKS.

The kidneys have a great work to do in keeping the blood pure. When they get out of order it causes backache, headaches, dizziness, languor and distressing urinary troubles. Keep the kidneys well, and all these sufferings will be saved you. Mrs. S. A. Moore, proprietor of a restaurant at Waterville, Mo., says:

"Before using Doan's Kidney Pills I suffered everything from kidney troubles for a year and a half. I had pain in the back and head, and almost continuous in the joints and feet weary all the time. A few doses of Doan's Kidney Pills brought great relief, and I kept on taking them until in a short time I was cured. I think Doan's Kidney Pills are wonderful."
For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

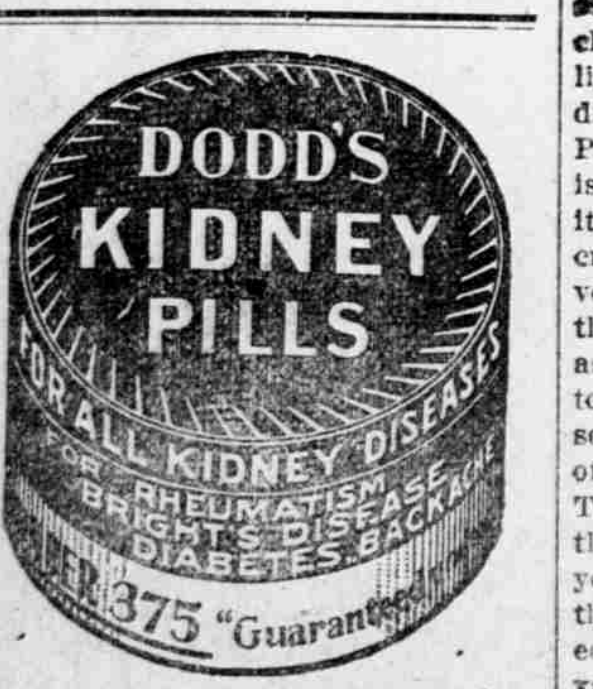
Those Days and Ours.
"I really do not see," said an old lady who in spite of her seventy years takes an active and lively interest in present-day foibles, "but that the ways of our days and the ways of your days balance pretty evenly," says the New York Sun. "You tear up your letters the moment you get them, and are in consequence always losing addresses, while we kept carefully everything the mail brought us and so had such full desks that we could never find addresses, and were stupidly swamped with useless letters. We may have been downtrodden women, but we didn't know it, while you apparently are going to be emancipated whether you like it or not. I guess we did gossip about our friends' private affairs, but you buy volumes containing 400 pages of really unpleasant gossip and call it modern literature. No, I think on the whole the balance is even, for though we had simple tastes (even in husbands), not to mention good manners and kindness, all of which have since gone out of style, you have humor and automobiles. And I must admit that I'm enjoying the two last."

FITS St. Vitis' Passo and all Nervous Diseases Permanently Cured by Dr. J. H. Kane's Great Nerve Restorer. Send for Free 60 trial bottle and treatment. DR. J. H. KANE, 167 West Arch Street, Philadelphia, Pa.

Old School Journalism.
Mark Twain, at a dinner in New York, related some reminiscences of his early days of journalism in Nevada City.
"We paid for outside contributions," he said, "but not always in cash. As a rule our letters of acceptance would run like this:
"Dear Jones—We send you per bearer one pound of bacon for your fine poem on the county fair. Please receipt for same."
"Dear Col. Crabble—For your valued article on The Country's Needs, we beg to send you herewith two gallons of corn whiskey. It is the same brand you have been using ever since the war. Kindly acknowledge receipt."
"Dear Tompkins—We enclose a coarse in payment for your fashion article."
"Dear Senator—Understanding that you are about to enter the State campaign, we send you a shotgun and nine rounds of ammunition for your admirable article on the political situation."

Mrs. Winslow's Soothing Syrup for Children's Teething Suffering. Soothes the gums, relieves inflammation, allays pain, cures wind colic, etc. a bottle.

A Skating One.
Yvette Guilbert, the famous French actress, is an excellent skater. In the Bois de Boulogne, in Paris, there is an ice rink where Mme. Guilbert's skating is one of the principal attractions.
Talking about skating in New York one day, Mme. Guilbert said:
"It is only through perseverance that one learns to skate well. I am sure no one ever suffered more than I in learning to skate."
"I remember one day in my girlhood, the second or third time I had ever been on the ice. I was returning home in a crowded omnibus, and a kind old man got up and offered me his seat."
"I shook my head, and the old man laughed a good deal when I said:
"No, thank you. I've been skating, and I'm tired of sitting down."



EDITORIALS

OPINIONS OF GREAT PAPERS ON IMPORTANT SUBJECTS

THE PROBLEM OF THE RAILROADS

The present high state of prosperity throughout the country, and indeed primarily because of it, the railroads find themselves facing the most serious problem which has ever confronted them.
Certain sections of the country are markedly agricultural; certain others produce the raw materials of manufacture; and still others turn out the finished product of mills and foundries. All these regions have shared alike in the era of good times, and all depend upon an exchange of their products for a continuation of the good times.
To make that exchange is the business of the railroads. Traffic has grown so much faster than railway equipment that the roads now find themselves inadequate to the handling of it, and a congestion has appeared which affects not only interstate but international traffic. The situation is further complicated by the fact that the enterprises which furnish business to the railroads are themselves so prosperous, and require so much money, that there is a great scarcity of loanable funds, and the railroad companies cannot borrow the money necessary for new equipment without paying excessive rates of interest.

In the very nature of the case no remedy can be immediately efficacious, and even the railway experts differ as to what the remedy shall be. One president has suggested the changing of the standard gage from four feet eight and one-half inches to six feet. Another says that the necessary increase in trackage, terminals, locomotives and cars would cost a billion dollars a year for five years, and would then be adequate to the handling only of the business which will be ready for it.
Electrification, as providing both increased speed and cheaper motive power, has been advocated, as has also the double-tracking of present single-track roads. This last suggestion would undoubtedly increase enormously the capacity of the roads, since only about fifteen thousand miles of the quarter of a million miles of railroad in the United States is now double-tracked.
Whatever course is adopted, patience on the part of the public will be necessary, and in the majority of cases just—Youth's Companion.

THE "DEFENSELESS WOMAN."

It is a sensible woman's first duty not to be defenseless. The day has long gone by when it was considered the trademark of a lady to scream and faint or go into hysterics at the very first mention of danger. Nowadays we designate such actions by the very plain old-fashioned word cowardice.
At Coney Island the other day a man was discovered creeping around under the women's bathhouse. Did the fair ladies, with loud shouts, rush forth, leaving him victor of the field? Not they. They quietly secured a large kettle of scalding water and neatly poured the same upon him. He ran for the surf, screaming with

pain. It is safe to presume he will crawl under no more bathhouses.
Up in Port Jervis, N. Y., a man took a maid out boating. Reaching deep water and being one of those chumps who thinks that to annoy or scare any one else is excruciatingly funny, he rocked the boat; she begged him not to, but he then rocked it worse than ever. She said no more, but carefully crawling to where he was perpetrating his humor, she administered so sound a box on his ear that he fell overboard in his astonishment.
When he came up she ordered him to take hold, while she towed him in; he did so, and she rowed him in to shallow water, whence he could wade ashore; there she left him, well soured, taking the boat herself back to the boat landing. It is safe to presume he will not rock the boat again when he takes her out.
The summer time is when much crime breaks out, as well as folly. In New York city just now it would seem that the power of evil reigns; and it is high time every woman learned to some extent how to take care of herself. There is neither sense nor righteousness in a woman's being defenseless these days. — Philadelphia Telegraph.

AN OCEAN GRAVEYARD.

THE wreck of the steamer Columbia adds another to the list, already too long, of dreadful disasters which prove that the western ocean, although the Creator gave it a smoother surface and fewer natural dangers than the Atlantic, is not as safe for navigation, nor are the men who man its ships possessed of as sterling qualities as we find in the east. The wreck of the Columbia does not furnish the first instance coming from the Pacific of cowardly desertion of women and children who were passengers. The men who compose the crews sailing along the coast or into the Asiatic ports have less of the heroic fiber which manifests itself invariably when trouble comes on the more frequented water highway between Europe and America. There was little time between the striking of the Columbia by the San Pedro and the sinking of the former, yet had the sailors stood by Captain Doran instead of swimming for the colliding vessel the loss of life would have been less appalling.
Nor is the captain of the San Pedro blameless. The fact that he was in a region of tragedy should have led him to proceed more cautiously in the fog. He must have known, as does every navigator on that coast, that he was traversing an ocean graveyard. Along the Mendocino coast, where the Columbia and San Pedro collided, other large steamers have gone to the bottom. Far under the surface lies the old steamer Humboldt and not many rods distant from her sunken hull and boilers is the modern St. Paul, which went ashore a year and a half ago. The big Norwegian collier, Tricolor, is another occupant of this ocean graveyard and the hulls of several sailing vessels lie bleached along the coast.— Utica Globe.

CANADA'S BUFFALO HERD.

Taken from Flathead Reservation in Montana, Where They Ranged.
In correspondence from Helena, Mont., the Spokane Spokesman-Review tells of the shipment of a herd of buffalo from Flathead reservation to a Canadian government reservation near Edmonton. It is not known exactly how many there are in the herd, but it is estimated that there are about 400. It is thought that there may possibly be 500, with the calves.
The Canadian government paid \$150,000 for the herd and will place them in the government park near Lamont, which is about forty miles east of Edmonton. This park contains 10,000 acres and the buffalo will be allowed to run free in it. The government has eighty buffalo in the park already.
The purpose of the Canadian government in buying the animals was to put them in this park and protect them, so as to keep them from extermination. The animals are all thoroughbreds.
The animals have been ranging in the Mission valley, and the Canadian officials have been busy for months collecting them.
The history of the herd is interesting. To Charles Allard belonged the credit of starting it. He began with a small number during the '80s and kept breeding and purchasing until he had 100 head in 1893. Then he bought the Buffalo Jones herd in Kansas and added them to the herd.
Soon after Mr. Allard died and his partner, Michel Pablo, began to sell the herd. When Mr. Pablo heard of the proposed opening of the Flathead reservation and the consequent loss of the range, he asked Howard Eaton to sell them for him. Mr. Eaton tried to dispose of them to both the United States government and the American Bison Association, but he was unsuccessful.
Then an offer was made by the Canadian government, which was accepted. Besides the contract price of \$150,000, Mr. Pablo gets paid for loading the animals.
The Canadian government is represented at the loading by Superintendent Douglas of the Canadian national park at Banff; M. Ayotte, who negotiated the purchase for the Canadian government; Dr. David Warnock, Dominion veterinarian, and General Freight Agent McMullen of the Canadian Pacific Railroad. Mr. Pablo is keeping a few animals, two bulls and twelve cows, but the rest of the big herd is going from the United States to become the possession of the Canadian government. Regret is universal throughout Montana that the efforts of President Roosevelt to secure the herd for this government proved unavailing.

If a man's wife approves of what he does, what use does he have for a conscience?

AGRICULTURAL

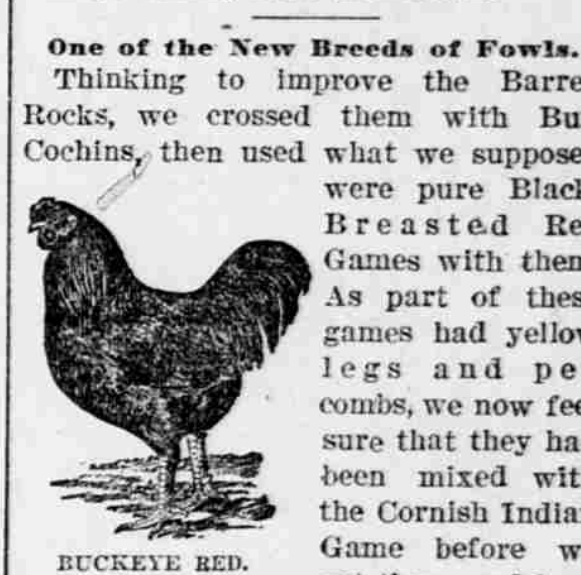


allow the lantern to hang straight. Be careful that no hay, straw or other inflammable material is near lantern hooks or other holders. Don't set a lantern down.

Care of Animals.
As man has adapted different animals to different uses it does not infer that they are not subject to natural laws. On the contrary, the subject is more complete than before, and as man has been the foster agent in changing the characteristics of most domestic animals, so must the hand of man be ever ready to render that assistance so essential to their well-being. The pasture, shelter and care must be suitable for the accomplishment of the purpose desired, and no neglect can be allowed. Not only must the utmost care be taken in selecting the animals that suit the farm best, but the farm itself must also conform to the animals. One should not attempt to improve unless prepared for it, as failure will be the result, but the preparation is easily made. Better stock means better farming, larger crops and greener pastures. With each year the crops become better, because the system forces them to be so. But those farmers who do not possess facilities for certain breeds of animals need not be discouraged, as all can have a privilege with some kinds that do not come up to the requirements needed. Improvement should be the object with every farmer, for even should the farmer lag behind, the time will arrive when he will be compelled to camp on the same ground that others long before occupied, but who have left it for something better. Keep pace with the time, and keep the flock to the best, by breeding with thoroughbreds and always culling from the bottom.

Growing Alfalfa.
E. C. Dameron, of Pike County, Mo., is credited by an exchange with the following suggestions on growing alfalfa:
"After several years' experimentation, with both success and failure, I unhesitatingly advise fall seeding. While I know of no plant that excels alfalfa in vigor of growth after it is once established, it is extremely timid about its association with other plants in its early life. Weeds and foxtail are its worst foes, and how to avoid them or to reduce them to the minimum is the problem before the alfalfa grower. It is with this in view that I advise the fall seeding. To my mind the piece selected for seeding down next fall should be upland naturally well drained and fertile. If the piece selected is land in wheat I should top dress it during winter with all the stable manure I could possibly get on it—not in great lumps, but well distributed. After the wheat comes off in June I should disk it twice, once each way. After the first shower the weeds will begin to appear, then disk again. Keep this up until Sept. 1. Don't plow under any circumstances, but kill all the weed growth by surface cultivation. All this sounds like work, and it is work, but the best remunerated work a farmer ever did. About Sept. 1, if there be moisture enough for germination, sow twenty pounds of seed per acre. Use a wheelbarrow seeder and sow ten pounds each way. This covers 'skips' and gives a better distribution of the seeds. Then slant your harrow teeth and cover by going over the field at least twice."

One of the New Breeds of Fowls.
Thinking to improve the Barred Rocks, we crossed them with Buff Cochins, then used what we supposed were pure Black-Breasted Red Games with them. As part of these games had yellow legs and pea combs, we now feel sure that they had been mixed with the Cornish Indian Game before we got them, and here is where we got the pea comb. This mixup produced a bird or two red as foxes, with yellow legs, and I conceived the idea of raising a whole flock like them.
As layers the Buckeye Reds are simply peerless. Heat or cold has no terrors for them, as their small combs do not suffer from frost. They have a long body from the wishbone back upon which to carry plenty of meat. They are not coarse or bony, yet males weigh from nine to ten pounds and females from five to seven. They have the rich yellow skin and legs so dear to the American epicure, and the skin is not thick and tough as in some yellow-skinned fowls. They are vigorous from the shell, alert and game, though not inclined to fight among themselves, says Mrs. F. Metcalf of Ohio in American Agriculturist, in which a Buckeye Red of ideal shape is illustrated. The surface color of the male is a dark rich velvety red, approaching cardinal or garnet, never buff or bricky, head, neck, hackle, back, saddle and wingbows richly glossed with metallic luster, under color a lighter shade.



Corn and Soy Beans.
I have raised corn and soy beans together with good results, but my experience on the whole is to advise farmers not to grow them together. It made the corn exceedingly hard to cut, as the mass of vegetation was so heavy that the corn and beans tumbled in every direction from the heavy winds. I believe it is better, on rich land, to grow each of the crops separately, says an Ohio farmer. When the land is not so rich and it is not desired to cut and shock the corn, soy beans can be grown to advantage to turn hogs or cattle on after the corn is gathered. The most satisfactory soy bean that I have tried is the early yellow variety known as Hollybrook; they are some three weeks earlier than the mammoth yellow, grow a fine quality of vine and an excellent yield of seed. It grows off more promptly than the mammoth and gets out of the way of weeds and grass sooner, and for the same reason it is not so much in the way in cultivating a corn crop, if it is desired to plant them in a cornfield. And one decided advantage they have over the mammoth, they do not shell so badly after getting ripe.

For Loading Farm Wagons.
Use a handy short stepladder with bent iron securely screwed to the end of the ladder, and that fit to the wagon



Poultry Notes.
For rapid growth feed the chickens often.
Lice brood, breed and hide under the roosts.
Swelled eyes with running at the nostrils indicate roup.
Gravel should always be supplied to fowls that are fattened in confinement.
Of two things, the breed and feeding, the latter is the more important.
Dry salt is as good as any material that can be used for preserving eggs.
Ducks may be picked when four months old and every six weeks afterwards.
Select the stock of pullets you intend to keep as soon as they are well developed.
Coal ashes should always be sifted before putting them in the dust box for the use of poultry.
Much of the disease with which fowls are afflicted may be traced to a neglect in ventilating the fowl house.
Ducks should be allowed as much liberty as possible, as they do not thrive as well in confinement as chickens.
As a general rule there is more profit in marketing fowls early; prices are not any better, but there is a great saving in feed.
It does not cost any more to keep thoroughbred stock than it does to keep scrub stock, but it pays better when it comes to selling.
Young chickens or turkeys should never be allowed to go on the roost until ten or twelve weeks old. If allowed too young their hearts often get crooked and their growth and appearance spoiled.

CONSOLATION FOR THE FATIGUED, SACRIFICING MOTHER.



JULIET V. STRAUSS.
For a quarter of a century past a continuous flood of nonsense regarding woman's work has been poured into the ears of American women. They have been urged to break away from the kitchen and go forth into the big world and be somebody. This has its influence upon the dependent mother, she hears the echo of the feet of those who have "gone out into the world," she feels that her life is narrow and squalid.
She sees the faded face in the looking glass, feels the slower pulsations of the blood, knows herself or a woman who has grown old doing just the ordinary drudgery of life. And she asks herself bitterly, has it paid? In the end the answer is sure to be, "yes," for she will live to see how vastly preferable her quiet home life has been to that of the woman who went out into the world.
The truth is, women do not step out of quiet homes into positions of affluence and honor. They go from shady, country-like homes to crowded streets, gloomy offices, stifling storerooms, and where one goes up from the ranks of those who are not even remotely known to the world, thousands go down or remain stationary in a hand-to-hand struggle for existence.
One thing is certain, youth cannot stay; something must take its place, and might it not as well be that devotion and self-sacrifice that makes a beautiful memory to leave behind us?
Yes, mother, it does pay. It pays to be held a divinity in the eyes of happy children. It pays to hold the deepest, tenderest memory in the hearts of men and women. For no matter how long mother has been gone to the "echoless shore," her name holds its holy place in her children's hearts, and this is fame enough for all the sacrifices she has made.—Chicago Journal.

How to Set a Table Tastefully.
See that the center of the table stands directly under the center of the chandelier or hanging lamp, whichever light you use for the center of your dining room, says Men and Women. Place your center flannel, or felt, as it is called, even on the table, smoothing it down well, so that there are no creases to upset the water glass or vegetable saucer during the course of the meal. Next lay your white damask cloth evenly and smoothly, so as to have as few creases as possible, and see that it hangs well over the sides of the table, without touching the floor. Then place your linen centerpiece in the center of the tablecloth, and if you have two smaller linen pieces put them at opposite corners, right at the edge of the table. Now place your vase filled with fresh water and gar-

den flowers, or even wild striped grass or ferns, in the center of the middle linen-piece, and two smaller vases (if you possess them) on the smaller corner pieces. At the edge of the opposite corners place at one a small bowl filled with any fruit you have in the house. Apples, bananas, oranges and grapes make a pretty showing. A pineapple may be placed in the center of the glass bowl and the mixed fruits nicely arranged around it. The fruit and the flowers give a festive appearance to even the most simply laid table. Our eyes should be gratified as much as our palates. At the edge of the other corner place a china tile, upon which set your glass water pitcher filled with ice water.
Nothing warms some men up like an application of cold cash.